

TASTES SO GOOD

IT MAKES ME WANNA

SLAP MY MAMA!

**A Collection of Love
By Carla Bates**

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Third Edition, 2013

FORWARD

Welcome Laura and Adam, My New Daughter and Son

I have gone through life thinking that I only had one child. Today I have four and I couldn't be happier. This makes you eligible of being a recipient of this very limited edition cook book.

I started cooking for a family of seven when I was eight years old and amassed this collection of recipes ever since then. I didn't start out as such a good cook so you definitely have the benefit of my experience. (That's a nice way of saying "my mistakes.") Some of these recipes came from Marshall's great-great grandparents who may very well have gotten them from their great-great grandparents.

Everyone grows up thinking that their mother is the best cook in the world. The expression "It's so good, it makes me want to slap my Mama" means that you're eating food so much better than your own mama's cooking, you want to slap her for being such a bad cook (figuratively speaking, of course.) If your mother's cooking is really good, you may want to slap yourself for not being as good a cook. It's a Southern thing - Laura you may not understand, but I'm sure Adam does.

I hope you use them, add your own, and create a cookbook to give your daughter or daughter-in-law when she gets married. That would be a nice family tradition. I've included some blank pages at the end so you can write down your own recipes.

I pray for only the best of everything for both of you.

**All my love,
CarlaMom**

December 27, 2013

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APPETIZERS

ZUCCHINI BITES

2 eggs	2 medium zucchini,
shredded	
1 T. dried minced onion	1 T. chopped parsley
½ t. salt	1/8 t. pepper
¼ C. dry bread crumbs	2 T. melted butter
1 C. grated cheddar cheese (4 oz.)	

In a medium bowl, beat eggs; stir in zucchini, onion, parsley, salt, pepper, breadcrumbs, butter, and ½ C. cheddar cheese. Spoon evenly into a greased 8-inch square pan. Sprinkle with remaining cheese. Bake 20 to 25 minutes in a 350° oven. Let cool completely and slice into small squares.

ARTICHOKE NIBBLES

2 jars marinated artichoke hearts	1 small onion,
shredded	
1 clove garlic, minced	4 eggs
¼ C. seasoned dry bread crumbs	2 t. minced
parsley	
¼ t. salt	1/8 t. oregano and pepper
½ lb. sharp cheddar cheese, shredded	

Drain marinade from 1 jar of artichokes into a frying pan; drain the other. Chop artichokes and set aside. Add onion and garlic to pan and sauté until limp. Beat eggs with a fork and add bread crumbs, salt and pepper, and oregano. Stir in cheese, parsley, artichokes, and onion. Turn into a greased 7 X 11 pan. Bake at 325° for 10-12 minutes. Cool thoroughly and cut into small squares.

OLIVE CRAB MEAT DIP

6 oz. crab meat	4 to 6 oz. can tiny shrimp,
drained	
8 oz. cream cheese	½ C. sliced green olives
¼ t. Worcestershire sauce	1/4 t. red pepper sauce

Combine crab meat, shrimp, cream cheese, olives, Worcestershire sauce, and red pepper sauce. Heat until cheese melts.

SAVORY CHEESE COOKIES

4 oz. butter
4 oz. strong Cheddar, Parmesan, or Romano cheese, grated
2 T. water
1 C. flour

Place all ingredients in mixing bowl. Beat at slow speed until it resembles a paste. Roll into a log and wrap in waxed paper. Refrigerate 1 hour or until firm. Slice dough into 1/4" to 1/2" slices. Bake at 375° for 30 minutes.

LAURA WEEDON'S BACON-WRAPPED STUFFED DATES

1 pkg. dried pitted dates
1 lb. bacon, cut in thirds
1 pkg. white blanched almonds
Wooden toothpicks

Put almond in date where pit used to be. Wrap bacon around date and secure with a toothpick. Bake @ 425° for 20-25 minutes until bacon is crispy. Serve warm.

SHRIMP-BACON APPETIZERS

12 oz. cocktail sauce
1/4 C. dry sherry
1/2 lb. bacon cut in thirds
olives
1 T. horseradish sauce
1 lb. shelled shrimp
10 oz. whole green

In medium bowl, combine cocktail sauce, sherry, horseradish. Add shrimp and toss well. Skewer each bacon strip in an "S" shape between a shrimp and an olive. Bake at 425° 10 - 15 minutes until bacon is crisp and shrimp is firm. Use sauce for dipping.

SAUSAGE CHEESE BALLS

3 C. Bisquick
1 lb. pork sausage
cheddar cheese
1 egg
10 oz. pkg. sharp

**½ C. milk
½ t. dried rosemary**

**½ C. Parmesan cheese
½ t. dried parsley**

Mix together and shape in small balls. Bake 20 minutes at 350°

BACKYARD COOLER

**1 C. hot tea
1 C. sugar
2 - 12 oz. cans apricot nectar
ale**

**1 C. lemon juice
2 C. orange juice
2 - 12 oz. bottles ginger**

Combine tea and sugar in large pitcher or punch bowl. Stir until sugar dissolves. Add remaining ingredients and stir.

SUMMER-TIME LEMONADE

**½ C. lemon juice
2 quarts water**

1 C. sugar

Measure lemon juice and sugar into a 2-quart pitcher. Add a little water and stir to dissolve sugar. Once sugar is dissolved, add remaining water and stir to blend. Serve in tall glasses over lots of ice. For company, add 1-2 drops of yellow food coloring, if desired. Don't add any more than that or it will look like pee.

SPINACH STUFFED MUSHROOMS

**1 - 12oz box Stouffer's Spinach Soufflé
½ C. grated Parmesan cheese
1 ½ lbs. large mushrooms, cleaned and stemmed**

Preheat oven to 350°. Cook spinach soufflé in microwave according to directions on box. Place mushrooms on baking sheet, cap side down. Using a teaspoon, fill each mushroom with soufflé and top with parmesan cheese. Place mushrooms in oven, and bake for 5 to 7 minutes. Serve warm.

BACON AND SPINACH DIP

1 - 12 oz. box spinach **½ C. sour cream**
1 - 5 oz. package cooked bacon, finely chopped
½ C. shredded Monterey Jack cheese **Chips of choice**

Cook spinach in microwave according to directions on box. Place cooked spinach into medium microwave-safe bowl. Add chopped bacon, sour cream, and cheese. Stir until all ingredients are incorporated. Place bowl in microwave and cook on high for 1 minute. Serve with chips.

SPINACH AND ARTICHOKE DIP

1 - 12 oz. box spinach **½ C. parmesan cheese**
1 - 5 oz. jar marinated artichoke hearts, drained and chopped
Tortilla chips or grilled bread

Cook spinach in microwave according to package directions. Place cooked spinach in a medium microwave-safe bowl. Add artichokes and cheese. Stir until artichokes and cheese are incorporated. Microwave bowl on high for 1 minute. Serve with tortilla chips or grilled bread.

CURRIED SHRIMP DIP

1 lb. lump crab meat	6 T. mayonnaise
1 ½ t. curry powder	2 T. Worcestershire
sauce	
2 T. lemon juice	¼ t. salt
3 T. scallions, sliced	cherry tomatoes
1 apple, sliced	crackers

In a bowl, combine crabmeat, mayonnaise, curry powder, Worcestershire sauce, lemon juice, salt, and 2 T. scallions. Stir gently to combine. Transfer dip to a serving bowl and arrange on a platter surrounded by apple slices, tomatoes, and crackers. Top with the remaining 1 T. scallions.

CLAM DIP

1 can minced clams, drained softened	3 oz. cream cheese,
1 T. Worcestershire sauce	¼ C. heavy cream

Combine all ingredients and mix well. Let set in refrigerator 1 hour to allow flavors to blend.

SMOKEY SALMON CHEESE SPREAD

8 oz. cream cheese, softened smoke	1-2 drops liquid
1- 7 oz. can salmon, drained parsley or cilantro	½ C. chopped
3 T. green onion, sliced	

Blend cream cheese and smoke flavoring. Stir in onion and salmon. Refrigerate 2 hours. Shape into a ball and roll in parsley. Spread on crackers.

SMOKED FISH LOG

2 C. flaked fish	1 t. liquid smoke
8 oz. cream cheese, softened	¼ t. salt
1 T. lemon juice	½ C. chopped pecans
2 t. grated onion	2 T. chopped parsley or cilantro
1 t. horseradish	

Combine cheese, lemon juice, onion, horseradish, liquid smoke, and salt. Stir in fish and mix thoroughly. Chill mixture for several hours. Combine pecans and parsley. Shape fish mixture into a log shape and roll in nut mixture. Serve with assorted crackers.

DEVILED HAM DIP

1 C. sour cream	1 - 4 ½ oz. can deviled ham
1 T. minced onion	¼ t. sugar

Combine all ingredients and blend thoroughly. Chill.

FETA SPREAD

8 oz. feta cheese, crumbled	¼ t. oregano
1 T. lemon juice	1 t. minced garlic
1 t. finely chopped pepperoncini or banana peppers	
¼ t. cayenne pepper	2 T. olive oil

Combine all ingredients except cayenne pepper and olive oil. Cover and chill for 2 hours. Garnish with cayenne pepper and olive oil and serve.

ROTEL DIP

1 large box Velveeta cheese	1 can Rotel
tomatoes	

Add ingredients in large pan. Heat until melted. Serve in a crock pot set on low. If you don't have Rotel tomatoes, substitute 1 can of regular diced tomatoes with a couple of tablespoons of green chili sauce or canned green chilies.

VIDALIA ONION DIP

2 large Vidalia, Spanish, green or other mild onions, quartered
1 ½ C. shredded parmesan cheese, divided
1 C. mayonnaise (don't use low-fat, it doesn't cook the same way)
1 C. sour cream
2 ½ t. dried dill weed, divided

Preheat oven to 325°. In a food processor, process onions until finely chopped. Add 1 cup cheese, mayonnaise, sour cream, and 2 t. dill weed. Process until well blended. Spoon mixture into a 13 x 9 inch pan. Sprinkle top evenly with remaining ½ C. cheese and remaining ½ t. dill weed. Bake

40 to 45 minutes or until lightly browned. Store covered in refrigerator. Serve at room temperature with crackers. I like to use green onions (with the stems) because it comes out looking green like grass and is a good conversation starter at parties.

LAURA MAGNUSON'S ARTICHOKE DIP

**1 - 8 oz. pkg. cream cheese, softened 1 C. mayonnaise
1 - 6.5 oz. jar marinated artichoke hearts, chopped
1/2 + 1/4 C. Parmesan cheese 1/2 + 1/4 C. Mexican
cheese blend
1 - 4 oz. can chopped green chilies, drained
1/4 t. garlic powder 1/4 t. minced onion**

Preheat oven to 350°. In a medium bowl, mix mayonnaise, artichokes and liquid, 1/2 C. parmesan cheese, 1/2 C. Italian cheese blend, cream cheese, green chilies, garlic powder, and minced onion. Spoon into a pie plate or 8 x 8 baking pan. Mix the remaining cheeses together and sprinkle over the top of the dip. Bake at 350° for 25 minutes. If not golden brown on top, broil on high for 2-3 minutes. Serve with crackers.

SHRIMP & BACON DEVEILED EGGS

**12 hard-cooked eggs, peeled 3/4 C. lite
mayonnaise
1 T. Dijon mustard 1/2 t. ground red pepper
1 C. chopped cooked shrimp 1/3 C. cooked crumbled
bacon
1/4 C. chopped chives**

Cut eggs in half lengthwise and remove yolks. Mix mayonnaise, yolks, mustard, & red pepper until smooth. Stir in shrimp, bacon, and chives. Spoon into egg- white halves. Cover and chill 4 hours.

SPINACH DIP

**1/4 lb. feta cheese 1 C. plain yogurt
3 C. fresh spinach, minced 1/4 C. chopped olives**

3 T. green onions

½ t. minced garlic

Mix cheese and yogurt until well blended. Add rest of ingredients and mix well. Chill for at least 1 hour before serving. This is great with raw vegetables.

BEEF

HAMBURGER STROGANOFF

1 lb. hamburger	1 clove garlic, minced
1 medium onion, chopped	¼ t. pepper
¼ C. butter	1 - 4 oz. can
mushrooms	
2 T. flour	1 can cream of chicken soup
1 t. salt	1 cup sour cream
1 - 12 oz. pkg. egg noodles	

Cook and stir hamburger and onion in butter until it is light brown. Stir in flour, salt, garlic, pepper, and mushrooms. Cook, stirring constantly, for about 5 minutes. Stir in the soup. Heat to boiling, stirring constantly; reduce heat. Simmer uncovered about 10 minutes. Stir in sour cream and heat through. Serve over hot noodles.

JUNE'S TACO SOUP

1 lb. ground beef	1 large onion, diced
1 pkg. taco seasoning mix	1 pkg. buttermilk
dressing mix	
1 can chili beans	1 can pinto beans
1 can hominy	1 can Rotel tomatoes
1 can diced tomatoes	1 can water

Brown ground beef and onion until thoroughly cooked. Put into large soup pot. Add all other ingredients. Heat thoroughly. I think this is a Weight Watcher's recipe.

JACK DANIEL'S MARINADE

½ C. pineapple juice	½ t. garlic powder
3 T. soy sauce	¼ C. Jack Daniels
1 ½ t. ginger	

Combine ingredients and mix well. Dip meat in sauce and place on grill over hot coals. When meat is turned, brush with sauce. Grill to desired doneness. Just before meat is removed from grill, brush with sauce again.

CINCINNATI CHILI

The original for which the city is famous

2 Qt. water	2 medium onion, grated
fine	
¼ t. ground allspice	½ t. red pepper
1 lb. ground beef	4 cloves garlic
2 T. vinegar	1 large bay leaf
2 t. Worcestershire sauce	½ oz. bitter chocolate
1 t. cinnamon	2-8 oz. cans tomato
sauce	
1 t. ground cumin seed	4 T. chili powder
5 whole cloves	1 ½ t. salt

Add ground beef to water in 4 qt. pot. Stir until beef separates into fine texture. Boil slowly for 30 minutes. Add all other ingredients.

Stir to blend, bringing to a boil. Reduce heat and simmer uncovered for about 3 hours. For the last hour, pot may be covered after desired consistency is reached. Chili should be refrigerated overnight so that the fat can be lifted from the top before reheating.

In Cincinnati, this is traditionally served over spaghetti.

Other options are to make:

A TWO-WAY	Add cheese on top
A THREE-WAY	Add onions on top of that
A FOUR-WAY	Add red kidney beans on top of that
A FIVE-WAY	Add oyster crackers on top of that.

You order your meal my how many ways you want it. But this is also good all by itself.

TACO SALAD

1 lb. ground beef or turkey	1 pkg. taco
seasoning mix	
2 chipotle peppers in adobo sauce, chopped	1 can ranch
style beans	
1 small pkg. Fritos or tortilla chips	1 jar picante
sauce	

**1 small pkg. shredded cheese
lettuce
Sour cream**

**1 bag shredded
Guacamole**

Add peppers to the taco meat and prepare according to directions on taco seasoning mix. Put all the ingredients in a big bowl. Toss well and serve. In Texas, some people add cooked rice, as well. Even though there is not an olive tree in Mexico, Marshall likes his taco salad with sliced black olives.

EGGPLANT WITH CHICKPEAS

**1 lb. ground beef or lamb
sliced
1 onion, diced
2 cans diced tomatoes**

**1 eggplant, peeled and
1 can chick peas
2 T. olive oil**

Brown ground beef and onion in oil until cooked. Slice eggplant into ½-inch rounds. Combine all ingredients, including liquid from the chick peas and tomatoes, into a large pot. Bring to a boil. Reduce heat and simmer for about 30 minutes or until eggplant is soft. Add water as necessary to maintain consistency. This is also good without beef for a vegetarian meal.

GREAT-GRAMMA BADER'S LASAGNE

**1 lb. lasagna noodles
sliced thinly
¾ lb. ricotta or cottage cheese
cheese
1 - 8 oz. can mushrooms**

**1 lb. mozzarella cheese,
½ C. grated parmesan
2 quarts tomato sauce**

One layer of lasagna in casserole, then add layers of the sauce, mozzarella and ricotta cheese. Then another layer of lasagna and additional layers of the sauce, mozzarella, and ricotta cheeses. On the top add mushrooms and sprinkle with parmesan cheese. Place casserole in oven and bake 1 hour.

SAUCE FOR LASAGNE

½ lb. ground beef
½ lb. ground veal
chopped
1 qt. tomato puree
1 T. basil
3 cloves garlic, minced
1 C. olive oil

½ lb. ground pork
1 qt. plum tomatoes,
1 pt. tomato paste
4 bay leaves
2 C. water

Brown meat in oil. Add all other ingredients. Cook slowly for 1 ½ hours.

KATIE MAGNUSON'S LASAGNA

1 lb. ground beef	1 onion, chopped
1 t. garlic powder	1 t. pepper
1 can tomato paste	½ C. water
2 t. oregano	¾ C. light sour cream
1 ½ C. 2% cottage cheese	1 pkg. lasagna noodles
¾ lb. shredded mozzarella cheese, reserving some for the top	

In a small bowl, combine sour cream, mozzarella cheese, and cottage cheese. In a large skillet brown the beef, onion, garlic, pepper, tomato paste, water, and oregano. Let simmer for 30 minutes. Cook noodles according to package directions for the least amount of time indicated. They will finish cooking in the oven. In a large baking dish layer and assemble ingredients in the following order. Spoon just a little sauce into the pan so the noodles don't stick to the bottom. Then layer noodles, 2 T. of meat sauce, 2 T. of cheese mixture, then more noodles, more meat sauce, then more cheese mixture until done. End with the meat sauce. Sprinkle leftover cheese on top and bake in a 350° oven for 20 minutes covered with foil. Remove foil the last 10 minutes of cooking to allow the cheese on top to brown but not burn.

FRITO PIE

1-2 fistfuls Fritos, per person	Canned or homemade
chili	
Shredded Cheese	

Heat chili until warm. Put Fritos into individual bowls. Pour chili over the top. Top with shredded cheese. If you can afford it, use turkey chili. It tastes the same but has a lot less fat.

BREAD

ZUCCHINI BREAD

3 eggs	1 T. cinnamon
1 ½ C. sugar	2 t. baking soda
¾ C. vegetable oil	1 t. salt
1 T. vanilla	¼ t. baking powder
2 C. zucchini	1 C. walnuts
2 C. flour	

In a large bowl, beat eggs until frothy; beat in sugar, vegetable oil, and vanilla. Beat this mixture until thick and lemon colored. Stir in 2 cups loosely packed, coarsely grated zucchini. Sift the flour with cinnamon, baking soda, salt, and baking powder. Stir into zucchini mixture. Fold in the walnuts. Pour into 2 oiled and floured loaf pans. Bake at 350° for 1 hour. I made this once for a party at Pleasant Run Elementary. The kids wouldn't eat it because it had "green things" in it but Marshall gobbled it up.

BANANA NUT BREAD

2 ½ C. flour	½ C. sugar
½ C. brown sugar	3 ½ t. baking powder
1 t. salt	3 T. vegetable oil
1/3 C. milk	1 egg
1 ¼ C. mashed bananas, about 2-3 medium	
1 C. chopped nuts	

Heat oven to 350°. Grease bottom only of loaf pan. Mix all ingredients and beat for 30 seconds. Pour into pan. Bake 55 to 65 minutes or until a wooden toothpick inserted into center comes out clean. Remove from pan. Cool completely before serving.

CORNMEAL PANCAKES

½ C. flour	1 egg
½ C. cornmeal	1 ½ C. milk
¼ C. bran	2 T. vegetable oil
2 t. baking powder	

WHOLE WHEAT ENGLISH MUFFINS

**½ C. (1stick) butter
¼ C. honey
2 pkgs. yeast
2 eggs, beaten
flour**

**1 ½ t. salt
2 C. scalded milk
½ C. tepid water
7-8 C. whole wheat**

Scald milk, and then add butter, salt, and honey. Cool the liquid to luke warm. Dissolve yeast in tepid water. Stir yeast and eggs into liquid. Add 4 cups of flour. When all ingredients are blended well, knead in another 3 - 4 cups flour. Oil top of dough ball to keep it from drying out. Cover and let dough rise in a warm draft-free place until doubled in size.

Divide dough into 2 sections. Roll each piece out until it's about ¼ inch thick. Use an inverted glass whose rim has been floured to cut out the individual muffins.

Cover the muffins and let rise for about ½ hour. Sprinkle cornmeal on an ungreased griddle, and cook muffins until the undersides are unevenly dark brown. Turn over and cook the tops. Let cool before cutting in half and toasting. Makes about 24 muffins. These are good with alfalfa sprout spread.

WAFFLES

**2 eggs
1 ¾ C. milk
1 T. sugar
¼ t. salt**

**2 C. flour
¼ C. vegetable oil
4 t. baking powder
½ t. vanilla**

Preheat waffle iron. Beat eggs in a large bowl. Beat in flour, milk, oil, sugar, baking powder, salt, and vanilla just until smooth. Spray waffle iron with non-stick spray. Pour mix onto hot waffle iron. Cook until golden brown.

Add some applesauce, mashed ripe bananas, blueberries, chopped pecans, or chocolate chips into the batter for a change.

1 - 12 oz. box spinach **1 cup corn**
1 package cornbread mix (not Jiffy brand)
¼ C. shredded sharp cheddar cheese **1 large egg, beaten**

HOT GARLIC CHEESE LOAVES

Preheat oven to 350°. In a large bowl, combine baking mix, cheese, garlic powder, and red pepper. Add milk and eggs to dry ingredients; mix only until ingredients are moistened. Spoon batter into 4 greased and floured 3 ¼ x 6 inch baking pans. Bake 30 to 35 minutes or until lightly browned. Cool in pans 5 minutes. Remove from pans and cool completely on a wire rack. Store in an airtight container.

Drop by tablespoonfuls onto well-greased cookie sheet. Cook 10 - 12 minutes at 350°. These are like what you get at Red Lobster.

SOURDOUGH BREAD

SOURDOUGH STARTER

**1/4 C. sugar
1 C. milk
1/4 C. warm water**

**1 C. flour
1 pkg. yeast
1 T. sugar**

Dissolve yeast in warm water and 1 T. sugar. Let sit for 5 - 10 minutes. Mix with rest of ingredients. Put in refrigerator at least overnight.

SOURDOUGH BREAD

**1 pkg. dry yeast
1 t. sugar**

1/2 C. luke-warm water

Dissolve the above while mixing the following:

**1 egg
1/2 cup vegetable oil
1 C. sour dough starter
2 C. flour**

**1 t. salt
1/2 C. sugar
1 cup water**

In a large bowl, add yeast mixture and 3 more cups flour. Knead on floured board until dough handles well. Put back in same bowl and let rise to top of bowl. Pour out on board and knead well into loaf. Grease pans well. Let rise again. Bake at 300° for 40 minutes or until done.

SOURDOUGH FEEDER

Feed the starter once a week whether you use it or not.

**1 C. milk
1/4 C. sugar**

1 C. flour

LEMON MUFFINS

1 $\frac{3}{4}$ C. flour	1 t. baking powder
$\frac{3}{4}$ t. baking soda	$\frac{1}{4}$ t. salt
$\frac{3}{4}$ C. sugar	1 T. grated lemon rind
1 egg, beaten	1 - 8 oz. carton lemon
yogurt	
$\frac{1}{4}$ C. plus 2 T. butter, melted	1 T. lemon juice
Lemon Glaze	

Combine first 6 ingredients in a large bowl; make a well in center of mixture, and set aside. Combine egg, yogurt, butter, and lemon juice; stir well. Add to dry ingredients; stir just until moistened. Spoon batter into greased muffin pan, filling three-fourths full. Bake at 400° for 20 minutes or until lightly browned. Cool in pans 5 minutes. Remove from pans, and place on wire rack. While warm, prick muffins with a wooden pick; pour glaze over muffins.

LEMON GLAZE

$\frac{1}{4}$ C. sugar	2 t. grated lemon rind
$\frac{1}{3}$ C. lemon juice	

Combine all ingredients in a small saucepan. Cook over medium heat, stirring constantly until sugar dissolves.

CORNBREAD

Preheat oven to 425°. Grease pan and place in oven until sizzling hot.

Sift together:

$\frac{3}{4}$ C. flour	2 $\frac{1}{2}$ t. baking powder
$\frac{3}{4}$ t. salt	

Add 1 $\frac{1}{4}$ C. cornmeal

Beat together in separate bowl, 1 egg, 1 C. milk, and 2-3 T. melted butter. Pour liquid ingredients into dry. Pour into hot 8 x 8 baking pan. Bake for 25 minutes.

CORNBREAD DRESSING

2 batches scratch cornbread or 4 packages cornbread mix	
1 small onion, chopped	1 green pepper,
chopped	
4 stalks celery, chopped	2 cans chicken broth
Sage to taste	Cayenne pepper to
taste	
Pepper to taste	

Make cornbread according to directions. Let cool. Sauté vegetables in a little oil in a heavy skillet. You may have to cook them in a couple of batches. Crumble cornbread into a big mixing bowl. Mix in the cooked vegetables and seasonings. Pour chicken broth into the cornbread mixture and stir until well-mixed. Either stuff the bird and bake according to the weight of the bird or put into a casserole dish and bake at 350° for about 45 minutes. You may want to double the recipe so you can both stuff the bird and have a casserole of dressing.

BORED WITH BAIRD'S BREAD

6 ¼ - 6 ½ C. white flour	2 ½ C. boiling water
1 C. whole wheat flour	1 ½ C. cottage cheese
2 pkg. active dry yeast	2 T. butter
1 C. quick cooking oats	2 t. salt
1 C. whole bran cereal	½ C. molasses or dark
corn syrup	

In a large mixing bowl, thoroughly stir together 2 cups flour, whole wheat flour and yeast. In another bowl, combine oats, cereal, boiling water, cottage cheese, butter, salt, and corn syrup. Stir until butter melts. Add this mixture to dry ingredients. Beat mixture at low speed then beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a moderately stiff dough. Turn out on a lightly floured surface. Knead until smooth and elastic, about 5 to 7 minutes.

Place in a greased bowl, turning once to grease surface. Cover and let rise in a warm place until doubled, about 1

hour. Punch down. Divide dough into thirds. Cover and let rest for 10 minutes. Shape each portion into a loaf. Place into 3 - 8 ½ X 4 ½ X 2 ½ loaf pans. Cover and let rise until doubled, about 35-45 minutes. Bake at 350° for 35 to 40 minutes.

PUMPKIN MUFFINS

**1 $\frac{3}{4}$ C. flour
 $\frac{3}{4}$ t. salt
 $\frac{1}{2}$ C. sugar
2 t. baking powder
1 t. cinnamon
1 $\frac{1}{2}$ C. chopped pecans**

**2 eggs
3 T. melted butter
 $\frac{3}{4}$ C. milk
1 C. mashed pumpkin
3 t. grated orange rind**

Mix first 5 ingredients on left. Set aside. In a separate bowl, beat eggs and add butter, milk and pumpkin. To this mixture add dry ingredients and lightly mix to where there are still lumps left in the batter. Add pecans and orange rind. Fill muffin cups about $\frac{2}{3}$ full. Bake for 20-25 minutes. Makes approximately 24 2-inch muffins.

GRANDPA WHITEMAN'S STUFFING FOR A TURKEY

(Or any other jerks you have around 😊)

**2 bunches celery, chopped
2 cups walnuts
chopped
2 T. butter
Sage (to taste)
taste)
1 pkg. seasoned bread crumbs (Pepperidge Farms)**

**2 large onions, chopped
2 boxes fresh mushrooms,
1 loaf rye bread
Poultry seasoning (to**

Lightly sauté celery, onions, mushrooms, and walnuts in butter. They should be undercooked. Toast the rye bread slices and cut into crouton-sized pieces. In a large mixing bowl, add the rye bread croutons and the seasoned bread crumbs. Add a little bit of liquid from the boiled giblets and neck to soften the bread crumbs. Mix in the sautéed vegetables and some salt, pepper, sage, and poultry seasoning. Stuff the turkey and bake according to the weight of the bird or bake at 350° for 45 minutes in a covered casserole.

MEADOW MUFFINS

3 C. wheat bran	1 t. salt
1 C. brown sugar or honey	½ C. butter or
margarine	
2 ½ C. whole wheat flour	2 C. milk
2 ½ t. baking soda	2 eggs
1 C. boiling water	

Combine 1 C. wheat bran and 1 C. boiling water. Stir and let steep. In a separate bowl, cream sugar and butter. Beat eggs. Combine flour, soda, and salt. Combine the 1 C. steep bran with remaining 2 C. of bran, the eggs, flour mixture, milk, butter and sugar and mix well. Store in a tightly covered plastic container. Let stand at least 12 hours before baking. Spray muffin pan with non-stick cooking spray. Fill 2/3 full. Bake at 400° for 20 minutes.

Batter will keep in the frig for 6 weeks. Chemical reaction will cause the batter to turn dark on top. No problem, just stir before using.

CHICKEN & TURKEY

CARLA'S CHICKEN-BROCCOLI CASSEROLE

4 pieces chicken	10 oz. frozen broccoli
2 cans cream of chicken soup	2 T. lemon juice
3 C. herbed bread dressing	1 t. curry powder

Place broccoli in baking dish. Remove skin from chicken and place on broccoli. Mix soup, lemon juice, curry powder, and dressing. Spread over chicken and dot with butter. Bake at 350° for 1 hour.

TURKEY WITH POLENTA

1 C. yellow corn meal	1 pt. sour cream
4 T. butter	2 C. cubed cooked turkey
½ onion, diced	½ lb. mushrooms, sliced
2/3 C. grated parmesan cheese	

Bring 1 quart water to a boil and add corn meal slowly. Stir with a wooden spoon until smooth and thick. Melt butter and cook mushrooms and onions until partially done. Add sour cream and mix somewhat. Put 1/3 of corn meal mixture in a deep casserole, spread 1/3 of mushroom/sour cream mixture and 1/3 of turkey. Repeat until all is used. Sprinkle top with cheese and bake at 350° for 1 hour.

BAKED SPICED CHICKEN

3-4 lb. roasting chicken
1 tangerine, orange, lemon, and lime, peeled
¼ t. each cinnamon, cloves, garlic powder, curry, mint, and nutmeg.

Clean out inside of chicken. Pat dry. Place fruit inside the chicken. Dust the skin well with all the spices. Place in baking dish. Pour 1 C. water in the pan and bake at 350° for 1 - 1 ½ hours.

TOMATO BASIL CHICKEN

4 skinless, boneless chicken breasts	2 cloves garlic, minced
Salt and pepper to taste	2 T. balsamic vinegar
1/4 C. flour	3/4 C. chicken broth
1 T. olive oil	1 pint grape tomatoes
3 T. butter, at room temperature	1 T. basil
2 green onions, minced	French bread

Season the chicken breasts on both sides with salt and pepper. Dredge in flour and shake off any excess. Combine the oil and 1 T. of butter in a large sauté pan over medium-high heat. When the oil is hot, place the chicken in the pan and cook, turning once, for 4-5 minutes on each side until golden brown and cooked through. Remove from pan and keep warm.

Add the green onions and garlic to hot pan; sauté for 1 minute, then add vinegar to deglaze the pan, scraping all the browned bits from bottom. Add chicken broth and tomatoes and cook for 1-2 minutes, until sauce is reduced by half. Remove pan from the heat. Stirring constantly, add the basil, remaining 2 T. of butter and salt and pepper to taste. Stir until butter is incorporated into the sauce. Place a slice of crusty bread on plate and top with chicken breast. Spoon sauce over chicken.

Serves 4.

CHICKEN THIGHS MOZZARELLA

1 pkg. chicken thighs	1/3 C. flour
2 T. grated parmesan cheese	1 egg beaten with 1 T. water
2 T. oil	6 T. butter, divided
3/4 lb. mushrooms, sliced	4 slices cooked ham
8 slices mozzarella cheese	

Combine flour, parmesan cheese, salt, and pepper. Dip each thigh in beaten egg, drain, and dredge in flour mixture. Heat oil and 4 T. butter in skillet. Add coated thighs and cook 2 minutes on each side until golden brown. Remove thighs with slotted spoon and arrange in a single layer in 12

X 8 baking dish. Preheat oven to 350°. Add remaining 2 T. butter to skillet and sauté mushrooms for 4 minutes. Cut each slice of ham in half and place ½ slice ham over each thigh. Scatter mushrooms over all and top with mozzarella cheese. Bake for 35 - 40 minutes or until chicken is tender.

CREAMED CHICKEN AND MACARONI CASSEROLE

½ C. butter	2 C. milk
1 cup chicken broth	4 T. flour
3 C. diced cooked chicken	6 oz. cream cheese
½ C. diced pimento	1 lb. macaroni
seashells	
Grated cheese	

Melt butter. Add flour, cream cheese, pimento, salt, and pepper. Blend well. Combine broth and add mild and add to cream cheese mixture. Cook macaroni and drain. Put into buttered casserole dish. Pour sauce over macaroni and mix well. Sprinkle generously with grated cheese. Bake at 350° for 25-30 minutes.

STUFFED CHICKEN BREASTS

½ lb. sweet Italian sausage, casings removed	
2 oz. Swiss cheese, diced	1 egg
Pinch of nutmeg	3 T. vegetable oil
6 large skinless, boneless chicken breasts	
1 jar (15ozs) chunky spaghetti sauce with mushrooms and onions	

In a large skillet, thoroughly brown sausage and drain fat. Combine sausage, cheese, egg, and nutmeg in a medium bowl. Place ¼ cup of sausage mixture in the center of each chicken breast. Roll and secure with toothpicks. In the large skillet, thoroughly brown chicken on all sides in vegetable oil. Drain fat. Pour spaghetti sauce over chicken. Simmer, covered for 45 minutes or until chicken is done.

PARMESAN-OATMEAL BAKED CHICKEN

1 C. oatmeal, uncooked	1/3 C. Parmesan cheese
½ t. paprika	1/8 t. pepper
2 ½ - 3 ½ lbs. chicken pieces, skinned	1/3 C. milk

Heat oven to 375°. Place dry ingredients in blender or food processor. Blend about 1 minute, stopping occasionally to stir. Coat chicken pieces with oat mixture. Dip in milk. Re-coat with oat mixture. Bake for 55 to 60 minutes.

BOMB CHICKEN

**4 chicken leg quarters
anything soup**

2 cans cream of

Pull skin off chicken. Put chicken in casserole dish. Pour undiluted soup over chicken. Bake at 375° for 1 hour. Put some potatoes in the oven with the casserole. The soup and chicken drippings make good gravy. This is very filling. Also good with pork chops.

This is good on a budget. If you have anything else in the refrigerator you can put it in with the soup. If you don't, it's still good. Mushrooms, onions, celery, green pepper, and cheese cubes are good.

CHICKEN AND MUSHROOMS IN RED WINE SAUCE

1 pkg. chicken nuggets or 1 lb. chicken boneless pieces	
3 strips bacon	salt and pepper
1 onion, sliced	2 T. flour
½ lb. mushrooms, sliced	½ t thyme
½ C. chicken broth	1 C. red wine
1 bay leaf	

Fry bacon until crisp. Sauté chicken in bacon dripping until brown, about 3 minutes. Add onion and sauté for 2 minutes. Add mushrooms and sauté for 1 more minute. Sprinkle flour in skillet. Toss lightly. Remove from heat. Crumble bacon and add to skillet. Add remaining ingredients. Boil rapidly 2 minutes stirring constantly. Cover and simmer for 15 minutes. Serve with rice or noodles.

CHICKEN ALA LOIS (ELLIS)

**1 can golden mushroom soup
1 can cream of shrimp soup
2/3 C. yogurt
ham**

**Chicken parts
bacon slices
5-6 slices sandwich**

Mix above together. Place ham on bottom of pan. Then arrange chicken parts on top. Place small piece of bacon on each chicken piece. Cover with sauce. Cook at 350° for 1 hour.

CHICKEN ENCHILADAS

1 chopped onion	2 T. oil
2 cloves crushed garlic	2 C. tomato puree
4 chopped jalapeno peppers	2 C. cooked
chicken	
2 t. ground cumin	4 T. green sauce
2 dozen corn tortillas (you may not use them all)	
3 C. half and half (or low-fat milk to cut down on the calories)	
6 chicken bouillon cubes or 3 packets condensed chicken broth	
½ lb. grated cheese	

Sauté onion in oil until tender. Add next 7 ingredients and simmer 10 minutes. Heat tortillas until soft. You can microwave one or two at a time for about 20-30 seconds. Dissolve bouillon cubes in warm cream. Dip each tortilla in warm cream mixture, put some chicken filling in center of each, and roll up. Place seam side down in baking dish. Pour remaining cream mixture over enchiladas and top with the cheese. Bake at 350° for 30 minutes or until cream mixture has thickened. This is pretty labor-intensive, but worth it! The chicken mixture freezes well so you might want to make an extra batch and freeze it. It is also good to make out of leftover Thanksgiving turkey.

BARBECUE POTATO CHIP CHICKEN NUGGETS

½ C. all-purpose flour	2 eggs, beaten
6 to 7 oz. barbecue potato chips, crushed	2 T. butter,
melted	
1 lb. boneless, skinless chicken breasts cut into 1 inch pieces	

Preheat oven to 375°. Place flour on one plate, eggs in a large shallow bowl, and crushed chips on a separate plate. Dredge chicken in flour, dip in egg, and roll in chips to cover completely with crumbs. Place nuggets on a foil-lined baking sheet. Drizzle with butter. Bake for 10 minutes, turn over and bake another 10 minutes.

CREAMED CHICKEN WITH CRANBERRY RICE

1 C. uncooked rice	salt and pepper
2 C. cranberry juice	2 C. cooked, diced
chicken	
2 T. butter	2 T. slivered almonds,
toasted	
2 T. flour	1 C. milk or chicken broth.

Put rice and cranberry juice in a heavy pan with a tightly fitting lid. Bring to a boil. Cover pan. If using white rice cook, 14 minutes. If using brown or wild rice cook, 45 minutes. Make a sauce by melting butter, stirring in flour until well blended, adding milk slowly, and then the seasoning. Stir until smooth and thick. Put the cranberry rice in a low buttered casserole dish. Add diced chicken to the sauce and pour over the rice. Sprinkle top with slivered almonds. Bake in 350° about 20 minutes.

CHICKEN TARRAGON

1/4. C. flour	1/4 t. salt
1/4 t. paprika	1/8 t. pepper
2 - 3 boneless chicken breasts, skinned and cut into halves	
1 1/2 C. julienne carrot strips (about 3 medium)	
2 T. butter	1/2 t. dried tarragon
1/2 t. salt	1/2 C. dry white wine
3 small zucchini, sliced	12 small whole
mushrooms	
1/2 C. ice-cold water	

Mix flour, 1/4 t. salt, the paprika, and pepper. Coat chicken with flour mixture; reserve remaining flour mixture. Heat butter in skillet over medium heat until hot. Cook chicken, turning once, until light brown, about 5 minutes on each side. Add carrots, tarragon, 1/2 t. salt, and the wine. Heat to boiling; reduce heat. Cover and simmer 15 minutes. Add zucchini and mushrooms. Cover and simmer until carrots are tender and chicken is done, about 10 minutes longer. Remove chicken and vegetables to a warm platter with slotted spoon; keep warm. Stir 1 T. of the remaining flour

mixture into water; stir into wine mixture in skillet. Heat to boiling. Boil and stir 1 minute. Serve sauce over chicken and vegetables.

CRUSTY CHICKEN WRAP-UPS

8 drumsticks	1-8 oz. tube crescent rolls
1 t. salt	1 egg, beaten
1/4 t. pepper	1/2 C. oil
2 T. grated parmesan cheese	1/2 C. barbecue sauce

Sprinkle salt and pepper on drumsticks. Heat oil in skillet. Cook chicken until brown on all sides. Drain the fat. Add BBQ sauce. Cover and cook, turning occasionally, for 25 minutes or until fork can be inserted with ease. Remove pan from heat. Unroll crescent rolls and separate. Brush each triangle with egg and sprinkle with cheese. Place meaty end of drumstick on triangle. Pull dough around chicken and press edges to seal. Place on ungreased baking sheet. Bake at 375° about 15 minutes or until rolls are brown.

SAUTÉED CHICKEN WITH MUSHROOMS

4 boneless skinless chicken breasts	4 T. olive oil
8 oz. sliced fresh mushrooms	1/4 t. dried thyme
1 C. white wine	4 t. balsamic vinegar
4 T. heavy cream	

In a skillet, sauté chicken in olive oil until golden brown and cooked through. Remove and keep warm. In same skillet, sauté mushrooms until soft, about 5 minutes. Add thyme, wine, and balsamic vinegar. When wine is reduced, add cream until just warmed through. Pour over chicken and serve.

LEMON AND ROSEMARY CHICKEN

4 boneless, skinless chicken breasts	4 T. olive oil
8 T. olive oil	4 cloves garlic, minced
1 t. dried rosemary	Juice of 4 lemons
Slices of French or Italian bread, toasted	

Grill or sauté chicken in 4 T. oil until cooked through about 5 minutes per side. Set aside and keep warm. In the same skillet, combine 8 T. olive oil, garlic, rosemary, and lemon

juice. Simmer for 2-3 minutes. Drizzle over chicken. Serve with slices of crusty bread to soak up the sauce.

CHICKEN WITH HEARTS OF ARTICHOKES AND SHRIMP

**½ lb. fresh or frozen shrimp, peeled and deveined, or
1 - 5 ½ oz. can shrimp ¼ C. olive oil
1 C. uncooked rice 3 ½ - 4 lb. chicken, cut
up
1 - 8 oz. can artichoke hearts, drained and sliced
1 green pepper, chopped 1 - 1 lb. 4 oz. can
tomatoes
1 clove garlic, minced 2 C. chicken broth
1 small onion, chopped**

If canned shrimp are used, rinse them in cold water and drain. Sauté chicken, green pepper, garlic, and onion in olive oil. Transfer to a deep buttered casserole dish reserving olive oil. Add uncooked rice to oil in skillet. Stir and cook until rice is translucent. Transfer to casserole dish. Add shrimp, artichoke hearts, tomatoes, and chicken broth. Cover and bake in 350° oven for 1 hour. Serves 4-6.

HOT BROWN

**⅓ C. butter ½ medium onion,
minced
⅓ C. flour 3 C. hot milk
1 t. salt pinch of red pepper
Pinch of nutmeg 2 egg yolks
½ C. grated Parmesan cheese 1 T. butter
8 sliced crust-less toast 4 T. whipped cream
8 slices cooked chicken or turkey 8 slices crisp
cooked bacon**

Mornay Sauce

Melt butter and sauté onion in it slowly until golden. Blend in flour. Stir in milk, salt, red pepper and nutmeg. Simmer about 30 minutes until thick and smooth, stirring frequently. Transfer sauce to top of a double boiler over steaming water. Cook slowly, stirring constantly until sauce has gotten much thicker and very hot. Stir in the Parmesan cheese and butter. Keep warm.

To assemble the sandwich, cut the toast into triangles. Arrange one slice of toast per person (4 triangles) on one broiler-proof plate. Arrange 2 slices chicken or turkey over each toast slice. Fold 4 T. whipped cream into the Mornay sauce, then ladle sauce over the sliced poultry very liberally. Put under preheated broiler just long enough to “golden up” the sauce. When the sandwich is toast lightly browned, arrange another slice of toast points around the plate attractively. Crisscross 2 pieces of fried bacon the top and serve. This sandwich is often garnished with a slice of tomato or mushroom or and apricot half.

TURKEY AND CRANBERRY ROLL

- 1 batch dough for drop biscuits**
- 1 can whole cranberry sauce, slightly broken up**
- 2 C. sliced or coarsely diced cooked chicken or turkey**

Pat - don't roll - the biscuit dough into an oval or loaf-shaped casserole so that it forms a lining, letting some hang over the sides. It should be rather thick, $\frac{1}{2}$ " to $\frac{3}{4}$ ". Put turkey and cranberry sauce on the dough. Fold dough over top and pinch together. Bake in a 400° oven 25-30 minutes or until dough is cooked through and lightly browned. Test with a fork. Serves 4.

CURRIED CHICKEN

- | | |
|---|---|
| 1 chicken, (3 lbs.) | 1 t. minced garlic |
| 2 t. minced green seasoning | 1 t. salt |
| $\frac{1}{2}$ t. hot pepper sauce | 2 T. olive oil |
| 3-4 T. curry powder | $\frac{1}{2}$ C. chopped tomatoes |
| $\frac{1}{2}$ C. chopped onion | $\frac{1}{2}$ C. hot water |

Cut chicken in small pieces and season with garlic, green seasoning, salt and hot pepper. Marinate for 30 minutes or more. Heat oil in an iron pot or skillet. Mix curry powder with $\frac{1}{4}$ C. water until smooth; add to hot oil and cook 2-3 minutes. Add chicken and stir to coat in curry; allow all water to dry out; stir well (about 10 minutes.) Add tomatoes, and onion, cook for a minute; stir in $\frac{1}{2}$ C. hot water. Lower heat to medium; cover and cook until meat is tender; add more water if more sauce is required. Adjust salt and hot pepper.

EGGS

BILL CHABOT'S EGGS IN A BAG

Eggs

2 large Ziploc freezer bags

Crack the eggs into 1 of the Ziploc bags. Zip the bag shut except for about 1 inch. Blow some air into the bag until it is about ½ full. Then zip it all the way closed. This helps the eggs cook more evenly. If you blow too much air into the bag, it will float on top of the water and the eggs won't cook as well. "Scramble" the eggs by mashing them with your fingers. Put this bag inside the other Ziploc bag and zip it closed. Put this into a pan of boiling water and cook until eggs are done. You may have to hold it down with a spoon because of the air in the first bag. I like to put a couple tablespoons of bacon pieces in the bag before the eggs are cooked. This is especially good when you are camping and don't want to dirty up and wash a frying pan. Also fun to make at home with the kids.

REBECCA WALLS' EGG CASSEROLE

2 lbs. browned sausage

8 slices white bread

¾ lb. grated cheddar cheese

4 well-beaten eggs

1 - 10 oz. can cream of mushroom soup

2 ¼ C. milk

If desired, remove bread crusts. Layer bread on the bottom of a buttered 9 x 13 glass pan. Mix remaining ingredients well and spoon into pan. Refrigerate overnight. Bake about an hour at 350°. Serves 8 - 12. Good for Sunday brunch. Serve with sliced tomatoes. I tried it with rye bread and for some reason it was too rich.

SHRIMP AND BACON DEVILED EGGS

12 hard-cooked eggs, peeled

¾ C. mayonnaise

1 T. Dijon mustard

½ t. cayenne pepper

**1 C. chopped cooked shrimp
bacon**

1/3 C. crumbled cooked

¼ C. chopped chives

Cut eggs in half lengthwise and remove yolks. Mix mayonnaise, yolks, mustard, and cayenne pepper until

smooth. Stir in shrimp, bacon, and chives. Spoon into egg white halves. Cover and chill for 4 hours.

FISH & SEAFOOD

FISH TURBANS WITH FLORENTINE STUFFING

**6 fish fillets
1/2 t. salt
1/4 t. pepper
Florentine Stuffing**

**1/4 C. melted butter
Pimiento strips
Shrimp Sauce**

Sprinkle fish with salt and pepper and set aside. Prepare Florentine Stuffing. Place approximately 1/2 C. stuffing on each fillet. Roll fillets around stuffing and secure with wooden picks or metal skewers. Place turbans in a shallow, well-greased baking dish. Drizzle with margarine. Bake at 350° for 25 minutes in regular oven. Top with Shrimp Sauce. Garnish with pimiento strips.

FLORENTINE STUFFING

**1 box (6 1/2 oz.) onion and garlic croutons
1 pkg. (10 oz.) frozen chopped spinach, thawed and drained
1/2 C. chopped celery
1/4 C. melted butter
1 beaten egg**

1/2 t. salt

1/4 t. thyme

1/8 t. pepper

Combine all ingredients and mix thoroughly. Place a portion of the stuffing on each fillet.

SHRIMP SAUCE

Combine 1 can condensed cream of shrimp soup with 1/4 C. milk. Additional chopped cooked shrimp may be added to make sauce heartier. Heat thoroughly and spoon over fish turbans. Top with pimiento strips.

CRAB AND SHRIMP SALAD

**1 can tiny shrimp
3 T. lemon juice
1/8 t. onion powder
1/4 C. mayonnaise**

**1 can crabmeat
1/4 t. curry powder
1 T. chopped dill**

Drain and wash canned seafood. Add remaining ingredients. Chill and serve.

FILLETS OF PERCH DIJONNAISE

4-6 fish fillets	2 T. finely diced onion
1 T. butter	1/4 lb. sliced mushrooms
1 T. Dijon mustard	1 T. chopped parsley
Pinch marjoram	1/4 C. dry bread or
cracker crumbs	
2 oz. sliced Swiss cheese	

Preheat oven to 400°. Sauté the onions in butter until soft. Add mushrooms and stir over high heat 2 minutes. Stir in mustard, herbs, and seasonings. Sprinkle half of crumbs in greased 13 X 9 baking dish. Arrange fish over crumbs in single layer. Spread mushroom mixture over fish. Sprinkle on remaining crumbs and cover with cheese. Bake about 25 minutes or until fish is done. Garnish with sautéed mushrooms, if desired.

SHRIMP WITH BASIL AND GRAPE TOMATOES

1 lb. shrimp, peeled and deveined	1 C. grape
tomatoes, sliced into thirds	
1/2 C. Italian bread crumbs	3 T. olive oil
1 T. dried basil leaves	

Preheat oven to 400°. In a bowl, combine all ingredients. Spread in a single layer in a shallow baking dish or baking sheet and bake for 15 minutes, or until shrimp are just cooked through, stirring after 5 to 10 minutes.

SHRIMP TEMPURA

1 lb. fresh shrimp, cleaned and deveined	3/4 C. flour
1/2 t. salt	1/2 t. baking soda
Vegetable oil	3/4 C. water

Heat oil (2 to 3 inches) in heavy skillet. Mix flour, salt, and baking soda. Stir in water; beat until smooth. Dip shrimp into batter, allowing excess batter to drip into bowl. Fry, turning once, until brown, about 5 minutes. Drain on paper towels. Salt to taste.

SHRIMP MIRLITON

4 large mirlitons	
1 large onion, chopped	1 lb. fresh cooked
shrimp, cleaned	
1 large clove garlic, minced	½ C. grated sharp
cheese	
½ C. chopped celery	¼ C. buttered bread
crumbs	
3 T. butter	Salt and pepper to taste

Boil mirlitons until tender. Cut in half and scoop out meat. Set aside. Sauté onion and garlic in a heavy skillet until transparent. Add celery and cook until tender. Mash mirlitons; mix with shrimp, cheese, and mixture in skillet. Put in a casserole dish and cover with additional cheese and bread crumbs and bake at 350° until crumbs are browned.

This vegetable is called the mirliton in Louisiana, chayote squash in the Southwest, cristophenes in the Caribbean, and vegetable pears in other places.

SOUTHERN COMFORT SHRIMP

2 lbs. large shrimp, peeled and deveined	1-2 Tbs. light oil
(Canola, Veggie)	
1 sweet onion, sliced thin	1 large green bell
pepper, sliced thinly	
3 cloves garlic, minced	½ tsp. cayenne pepper
1 tsp. dried thyme	Salt and pepper to taste
½ cup Southern Comfort	2 cups good quality
tomato sauce	
¼ cup honey (adjust for sweetness)	2 Tbs. Creole
mustard	
3 cups cooked rice, cooked in stock (chicken or shrimp)	

Heat a large, heavy skillet over med/high heat for 2 minutes. Add the oil followed by the shrimp. You may need to do the shrimp in two batches so the pan is not crowded. Allow the shrimp to just brown a little then remove them to a plate and set aside. Now, add the onion, bell pepper, and garlic to the pan; adding more oil if needed. Season with salt, pepper,

cayenne, and thyme. Increase heat to high and sauté for about 5 minutes or until good caramelization has occurred. Slide the veggies to the perimeter of the pan and deglaze with the Southern Comfort - be careful of possible flame ups!!! Scrape the bottom of the pan and allow the liquid to reduce by ½. Add the tomato paste, mustard, and honey. Allow this to simmer for about 3 minutes and adjust the seasoning accordingly. Put the shrimp back into the pot and simmer about 2-4 more minutes or until the shrimp have finished cooking. Serve over rice.

HOT FISH SALAD

**1 lb. fish filets
1 C. chopped celery
onion
1 C. chopped red pepper
½ C. sliced almonds
½ C. grated sharp cheese**

**2 oz. pimientos
2 T. chopped green
2 T. lemon juice
½ t. salt**

Sauté celery, green onion, and red peppers in 2 T. butter until cooked. Cut fish in ½ inch pieces. In a large mixing bowl, combine fish and remaining ingredients except cheese. Pour into casserole dish. Bake at 350° for 20 minutes. Remove from oven and sprinkle with cheese. Return to oven and bake 5 to 7 minutes or until cheese melts. Sprinkle lightly with paprika.

PORK

SAUSAGE APPLE RING or SHUT UP AND EAT IT

2 lb. breakfast sausage	1 ½ C. Ritz-type
cracker crumbs	
2 eggs, slightly beaten	½ C. milk
1 C. apples, shredded	1 ½ C. shredded onions

Combine all ingredients and mix well. Shape sausage by hand into a ring on a cookie sheet or put into a Bundt pan. First spray the cookie sheet or Bundt pan with non-stick cooking spray. Bake at 350° for 1 hour. Fill center of ring with scrambled eggs, cooked hash browns, or tater tots, if desired.

This is also good as an appetizer. For sausage balls: shape sausage mixture into balls. Roll in flour. Bake in oven at 350° for 20 minutes.

APRICOT PORK CHOPS

1 can (8 oz.) unpeeled apricot halves	6 pork chops
(about 1 ½ lbs.)	
1 can cream of chicken soup	1/3 C. sour cream
2 T. chopped green onions	

Drain apricots reserving ¼ cup syrup. Cut in half. In skillet, brown chops. Pour off fat. Stir in soup, sour cream, syrup, and green onions. Cover, simmer 25 minutes or until done. Stir occasionally. Add apricots. Cook 5 minutes more. Serve with cooked rice.

LEMON PORK CHOPS

4 - ¾ inch thick pork chops	¼ t. salt
1/8 t. pepper	4 lemon slices
¼ C. firmly packed brown sugar, divided	1/3 C. catsup
1/3 C. water	

Sprinkle pork chops with salt and pepper; arrange in a 9-inch square baking pan. Place a lemon slice on the center of

each chop. Top each lemon slice with 1 T. brown sugar. Combine catsup and water, mixing well. Pour sauce around chops. Bake, uncovered, at 350° for 1 hour or until tender.

ASIAN PORK CHOPS

**4 pork chops
8 T. soy sauce
1 t. Dijon mustard**

**4 T. vegetable oil
4 T. brown sugar
4 chopped green onions**

In a large skillet, sear pork chops in oil until golden brown on both sides and cooked through. In a small sauce pan, mix soy sauce, brown sugar, mustard, and green onions. Simmer until thickened, about 5 minutes. Pour glaze over chops and garnish with green part of onion, sliced lengthwise. Also works well with chicken breasts.

STUFFED BARBECUED PORK CHOPS

**1 T. olive oil
chopped
1 minced garlic clove
olives**

**1 med onion, finely

½ C. chopped green**

**1 large tomato, peeled, seeded, and chopped
6 pork chops, ¾ inch thick**

Fry onion and garlic in olive oil. Stir in tomato and olives. Cook until thickened. Salt and pepper to taste. Cool slightly. Stuff chops and fasten with toothpicks. Grill over medium-hot coals 5 minutes or until light brown. Place foil drip pan under browned chops. Cover grill and cook about 30 minutes or until tender. These can also be pan-fried or baked if it's too hot to fire up the grill.

GREAT-GRANDMA WHITEMAN'S PORK CHOPS UM-UM

**4 pork chops
and sliced
1 can tomatoes**

1 large onion, peeled

Brown the onion in some butter in a skillet. Push to one side. Brown pork chops 3 minutes on each side. Pour can of

tomatoes over pork chops. Simmer on low until pork chops are done, about 45 minutes.

ROAST PORK LOIN STUFFED WITH DRIED APRICOTS & PLUMS

1 - 2 ½ lb. boneless pork top loin roast 12 - 14 dried apricots
¼ C. Dijon mustard 12 - 14 dried pitted plums (prunes)
¼ t. garlic powder ¼ t. ground black pepper
2 carrots, cut in 1-inch chunks 1 yellow onion, cut in 1-inch chunks
2 stalks celery, cut in 1-inch chunks Fresh herbs (optional)
1 cup dry white wine or reduced-sodium chicken broth

Heat oven to 350° F. Stand roast on one end. To make an opening for the fruit, insert a long knife with a 1-inch wide blade through center of roast. If necessary, cut an opening in one side to center. Remove the knife and, alternating apricots and plums, stuff and pack fruit in the opening. In bowl, combine mustard, garlic powder, and pepper. Rub meat all over with mustard mixture.

Place vegetables in a 13 x 9 baking pan and place roast on vegetables. Pour wine over roast. Add 2 T. water to pan. Roast, uncovered, 80 - 90 minutes or until instant-read thermometer inserted in meat (not touching fruit) registers 150° F. Transfer roast to warm platter. Reserve vegetables for another use. Cover roast with foil and let stand 15 minutes. Meat temperature after standing should reach 160° F. To serve, slice roast and sprinkle with herbs, if desired.

PORK AND POTATO HASH

2 C. diced cooked pork ½ C. chopped onion
¼ C. vegetable oil ½ t. salt
1 16-oz pkg. frozen hash brown potatoes generous dash pepper
1 can chicken broth Sliced hard cooked eggs

In skillet, brown pork and cook onion in 2 T. oil until tender. Add remaining oil, potatoes, salt, and pepper. Cook 10 minutes. Stir in chicken broth. Heat; stirring occasionally. Garnish with egg.

HAM

Put the ham in a roasting pan. Pour a 2 liter bottle of Coke or Mango nectar over the ham. Bake ham based on weight.

The coke takes out the salt from the ham and gives it a nice sweet flavor.

SMOKED SAUSAGE AND RICE JAMBALAYA

1 C. rice, cooked	½ C. chopped onion
½ C. chopped green pepper	½ C. sliced celery
1- 16oz can diced tomatoes	½ t. garlic powder
½ t. thyme	¼ t. cayenne pepper
1 lb. smoked sausage	

While rice is cooking, coat sides and bottom of skillet with oil. Add sausage, onions, green pepper, and celery. Sauté until vegetables are tender. Add tomatoes, liquid, garlic powder, thyme, and cayenne. Fold in cooked rice.

FRIED WON TONS

½ lb. pork sausage	¼ lb. peeled, deveined
shrimp	
1 pkg. won ton wrappers	

Chop shrimp very small. Add to pork sausage. Place 1 t. mixture in center of a won ton wrapper. Bring opposite sides of wrapper to middle. Moisten with a few drops of water and pinch together to seal. Fry in hot oil until brown and pork is cooked through.

SAUSAGE CREAM GRAVY

¼ C. butter	¼ C. white flour
2 C. milk	½ t. ground black pepper
½ lb. pork sausage	

Brown sausage in a skillet. In a saucepan, make a roux using butter and flour. Gradually add milk a little at a time while whisking constantly. Add black pepper. Crumble sausage into gravy. Serve over biscuits.

SALADS & DRESSINGS

JILL'S CAULIFLOWER SALAD

1 head cauliflower, chopped chopped	2 large tomatoes,
1 purple onion, chopped	1 small jar green olives
1 jar bacon bits	8 oz. shredded cheddar
cheese	
1 small bottle creamy salad dressing, any flavor (Caesar is really good!)	

Mix all ingredients in a large bowl.

BEVERLY'S CAULIFLOWER SALAD

1 head cauliflower, chopped shredded	1 head lettuce,
1 lb. bacon, fried and crumbled	1 onion sliced
2 C. salad dressing	1/3 C. parmesan cheese

Mix all ingredients in a large bowl.

SPINICH, PEAR, & SHAVED PARMESAN SALAD

8 C. fresh baby spinach shaved	2 oz. Parmesan cheese,
2 Bosc pears, quartered lengthwise, cored, and thinly sliced	
OR one large can pear halves thoroughly drained and cubed	
2 T. balsamic vinegar	1 T. whole grain
mustard	
1/2 C. extra virgin olive oil	1 t. sugar
1 t. salt	1/4 t. black pepper

Have the cheese at room temperature, shave it with a vegetable peeler, and then wrap it in plastic until ready to use. Combine spinach, pears, and cheese. For dressing, whisk together vinegar, mustard, sugar, salt, and pepper. Whisk in oil. Drizzle on salad.

JUNE'S GERMAN POTATO SALAD

5 lb. red potatoes	½ C. water
1 C. apple cider vinegar	5 t. sugar
2 t salt	2 T. brown mustard
1 lb. bacon	1 large onion, sliced

Cook, peel, and slice potatoes. Mix together water, vinegar, sugar, salt, and mustard. Pour over potatoes. Brown bacon until cooked and break into pieces. Cook onion in bacon fat drippings. Mix onion with potatoes. Sprinkle bacon pieces over top.

GREAT-GRAMMA BADER'S HOT POTATO SALAD

2 lbs. small white potatoes	1 t. salt
½ C. diced bacon	¼ C. diced radishes
½ C. minced onion	1 t. celery seeds
1 ½ t. flour	2 T. snipped parsley
4 t. sugar	¼ C. minced onion
¼ C. vinegar	½ C. water
¼ t. pepper	

About one hour before serving:

In boiling water in covered saucepan cook potatoes in jackets until fork tender about 35 minutes. Let cool then peel and cut in ¼ inch slices. In a small skillet, fry bacon until crisp. Add ½ C. minced onion and sauté until just tender, not brown. Meanwhile in bowl, mix flour, sugar, and pepper. Stir in vinegar, amount depends on tartness desired, and water until smooth. Add to bacon then simmer, stirring until slightly thickened. Pour this hot dressing over potatoes. Add ¼ C. minced onion, parsley, celery seeds and radishes. Serve lightly tossed. Makes 4-6 servings.

WILD RICE SUMMER SALAD

¼ C. chopped onion	½ C. celery, sliced
¾ C. uncooked wild rice	¼ C. brown sugar
½ t. salt	¼ t. pepper
4 eggs, hard boiled and sliced	1/3 C. mayonnaise
1 t. dry mustard	

Cook rice, covered, for 60 minutes. Sauté the celery and onion until tender. Cool. Combine all ingredients. Toss well and chill.

GREAT-GRAMMA BADER'S CAESAR SALAD

1 clove garlic, quartered	½ C. olive oil
¼ C. olive oil	1 T.
Worcestershire sauce	
2 C. croutons	¾ t. salt
1 large head each romaine and iceberg lettuce	
¼ C. grated Parmesan cheese	¼ t. pepper
¼ C. crumbled bleu cheese	2 lemons,
halved	

Marinate garlic in ¼ C. olive oil from night before. Tear greens into bite-sized pieces into salad bowl, sprinkle cheeses on top. Drizzle on the ½ C. olive oil that has been mixed well with the Worcestershire sauce, salt, and pepper. Toss gently. Ream juice from lemons and pour over salad. Pour the ¼ C. garlic-olive oil over the croutons and add to salad. Toss again. Makes 4-5 gigantic servings.

This recipe originally called for a raw egg to be tossed in with the greens but now that we know eating raw eggs is bad for you, I took it out.

1000 ISLAND DRESSING

¼ C. mayonnaise	¼ C. catsup
3 T. pickle relish	salt and pepper to taste

Mix all ingredients. Add water, 1 t. at a time, if dressing is too thick.

BALSAMIC VINEGRETTE

2 T. balsamic vinegar	1 T. whole grain
mustard	

½ C. extra virgin olive oil
1 t. salt

1 t. sugar
¼ t. black pepper

Whisk together vinegar, mustard, sugar, salt, and pepper.
Whisk in oil. Drizzle on salad.

SAUCES

SAUCE FOR VEGETABLES

2 T. butter **2 T. flour**

½ t. seasoned salt.

Melt together in saucepan.

Gradually stir in 1 C. milk. Bring to boil - stirring constantly - boil 1 minute. Remove from heat and stir in ¼ C. sour cream and ¼ C. bleu cheese. Heat but do not boil.

CLASSIC HOLLANDAISE SAUCE

2 egg yolks

3 T. lemon juice

½ C. butter, divided

Stir egg yolks, slightly beaten, and lemon juice vigorously in a 1 qt. sauce pan with wooden spoon. Add ¼ C. butter. Heat over very low heat, stirring constantly, until butter is melted. Add ¼ C. butter, stirring vigorously, until butter is melted and sauce thickens. Be sure butter melts slowly; this gives the egg yolks time to cook and thicken sauce without curdling. Serve hot or at room temperature.

SAUCE BERNAISE

2 egg yolks

1 T. finely chopped

onion

3 T. lemon juice

1 t. dried tarragon

leaves

1 T. white vinegar

½ t. chervil leaves

½ C. butter

Stir egg yolks and lemon juice vigorously in a 1-qt. saucepan with wooden spoon. Add half of the butter. Heat over very low heat, stirring constantly, until butter is melted and sauce thickens. Stir in remaining ingredients.

SAUCE FOR QUICHE

2 eggs

1 C. milk

Pour over ingredients in pie shell. Bacon, Swiss cheese, mushrooms, broccoli, ham, or other leftovers make for a good quiche. Bake at 350° for 40 - 50 minutes. This freezes well after baking.

SWISS CHEESE SAUCE

1/3 C. butter

1/8 t. pepper

1/3 C. whole wheat flour

2 C. milk

1/2 t. salt

3 oz. Swiss cheese, shredded

Melt the butter over low heat. Stir in the flour, salt, and pepper. Cook, stirring constantly, just until the mixture bubbles. Stir in the milk; continue cooking and stirring until the sauce thickens and bubbles for 1 minute. Stir in the cheese and continue stirring until mixture is well-blended and the cheese is totally melted.

MUSTARD CREAM SAUCE

Combine 1 part Dijon mustard, 3 parts reduced-fat sour cream, and some chopped fresh dill, parsley, or cilantro. Serve on broiled or grilled fish.

GREAT-GRANDPA ASHLEY DEWITT'S BARBEQUE SAUCE

1/2 bottle dark black Figaro smoke flavoring

1 - 16 oz. bottle catsup

1/2 stick butter

1/2 lemon

dash Worcestershire sauce

Dash Tabasco

dash garlic and onion

salt

Simmer all ingredients. DO NOT BOIL.

CREAM GRAVY

**1/4 C. butter
2 C. milk**

**1/4 C. white flour
1/2 t. ground black pepper**

Make a roux using butter and flour. Gradually add milk a little at a time while whisking constantly. Add black pepper. Serve over biscuits, chicken fried steak, or mashed potatoes.

RED PEPPER MAYONNAISE

**1 small onion, quartered
quartered
1 T. butter
1/4 C. sour cream**

**1 large red pepper,
1/2 C. mayonnaise
1/4 t. cayenne pepper**

Place red pepper and onion in food processor work bowl; process with steel blade until finely chopped. Drain. Sauté vegetables in butter. Add vegetable mixture to combined mayonnaise and sour cream, mixing until blended. Chill. Serve with crab legs or boiled shrimp. Makes about 1 cup.

SYRIAN

KIBBI

**1 lb. very lean ground meat
wheat**

**1 small onion
Pepper**

1 C. cracked

**1 t. salt
1/4 t. cinnamon**

Pour cracked wheat into a bowl, cover with cold water and set bowl in refrigerator until you are ready to use it. Mix meat with salt, pepper, and cinnamon. Remove cracked wheat from refrigerator, press between palms to squeeze out excess moisture and mix with meat, kneading well. If mixture becomes stiff, dip your hands in ice water and knead to soften. Run mixture through meat grinder again. You are now ready to serve or cook.

To bake:

Divide meat in two equal portions. Smooth first half into layer on bottom of buttered baking dish. Put butter and browned pine nuts on top of first layer. Smooth top layer over all. With knife dipped often in cold water, cut diagonal lines to make diamond shaped wedges cutting all the way to bottom and around edges. Dot with butter and bake in pre-heated oven at 350° for half-hour.

LENTILS AND RICE (M'ZHUDRA)

Clean 1 cup of lentils while soaking 2 cups of rice in salted boiling water. Wash lentils and pour into boiling water. Add rice when lentils are soft (slightly). Don't overcook. Drain when rice is soft not mushy. Brown onion in large amount of butter. Pour butter and onion over rice and lentils. Gently mix 2:1 Rice:Lentils. Best with lots of onions and butter.

I like to mix 1 C. lentils, 1 C. brown rice, 2 C. water, and 1 large chopped onion in a casserole dish and bake at 375° for 1 hour. This is a lot easier. If you want a whole meal, place several pieces of chicken on top of rice before you cook it. Or if you just want some flavor, add a pork chop before cooking.

TAHINI SAUCE

½ C. Tahini
½ C. lemon juice
1/8 t. pepper

½ C. water
½ t. salt
1 clove garlic

Mash one clove garlic with salt and add to ingredients in blender.

STUFFED SQUASH (QOOSA)

Wash squash, slice off the top and core leaving 1 ¼" shell, and taking out all the seeds. Be careful not to break the shell.

1 ½ lbs. ground meat	a few bones
8 yellow squash	½ C. white rice
1 medium can tomatoes (about 17 oz.)	1 large fresh tomato
1 t. salt	Pepper
¼ t. allspice	

Mix uncooked rice with ground meat. Add salt, pepper, and allspice. Stuff squash with this mixture, but do not pack too tightly, allow room for rice to swell in cooking. Cut fresh tomato in 8 pieces. And stuff the opening of each squash with a tomato wedge. Now arrange squash over bones at bottom of kettle. Add canned tomatoes. Place an inverted dish over them to hold squash down. Cover kettle and cook over medium fire for 45 minutes. Serve hot.

TABULEE

1 C. borghul (cracked wheat) diced	1 cucumber, peeled and
2 tomatoes, cut in wedges	1 onion-minced
15-20 sprigs of parsley-minced	½ C. lemon juice
¼ C. olive oil	1 t. salt
½ t. pepper	½ C. fresh mint leaves

Wash borghul two or three times. Soak for at least an hour. The wheat should be fully expanded and soft to the touch. (1 hour or overnight in the refrigerator.) Drain and mix all green vegetables with borghul, tossing often. Add oil, lemon juice, and spices. Should be served immediately after mixing.

HUMOS

**2 small cans chick peas
2 T. cold water
2 cloves garlic, minced**

**2 T. tahini
¼ C. lemon juice**

Mix tahini and water. Blend until smooth. Add lemon juice, garlic, and salt to taste. Mix until smooth.

STUFFED GRAPE LEAVES

1 ½ lbs. ground meat	lamb bones (just a few)
1 lb. grape leaves, fresh or preserved	¼ C. white rice
Juice of 3 lemons	2 t. salt
Pepper	½ t. allspice

Mix uncooked rice with raw ground meat. Add 1 t. salt, pepper, allspice and ¼ C. of water. If preserved grape leaves are used, wash well. Place leaf greener-side down flat on board, stem towards you. Place 1 t. stuffing on it, distributed across the leaf in a narrow roll. Leave space on both sides of the leaf so that you can tuck in the ends on roll as a package. Roll firmly, yet loosely enough to allow rice to swell. The wet leaf will hold together while cooking.

Wash bones and place in bottom of kettle and cover with a few grape leaves. Arrange rolls in neat rows, close together. Place the second row of rolls in the opposite direction as if you were building a log cabin. Invert a medium size dish on top to keep them in place. Pour enough water to which 1 t. of salt has been added to reach the inverted dish. Cook over medium fire 35 minutes. Now add lemon juice and cook for 10 minutes more. Serve hot with yogurt and a salad.

I'm surprised the neighbors didn't call CPS on me after one of Marshall's friends had this for dinner with us. He kept saying "You eat leaves! You eat leaves!" He took the grape leaf off and ate only the meat which he liked a lot.

SESAME SAUCE

3 T. sesame paste	½ t. salt
Juice of one lemon	½ clove garlic
(optional)	

Stir sesame paste in the can then spoon three tablespoons into large bowl. Add 3 tablespoons cold water and stir. (A peculiarity of sesame paste is that water stiffens it and lemon juice thins it again.) Now add lemon juice, a few drops at a time and make a smooth sauce about the

consistency of a white sauce. Mash garlic with salt and then mix with sauce.

LEBANESE COFFEE

Lebanese coffee is purposely made strong. It is to be sipped and tasted. The coffee is usually sweetened only on sad occasions, as if to say: "May bitterness be far from you." You can use your favorite brand of coffee but it must be pulverized.

To Serve 6

**6 demitasse cups of cold water 8 t. sugar (optional)
8 T. pulverized coffee**

Bring fresh water to a boil in saucepan; if you use sugar this is ordinarily the time to add it. Keep water at a boil, and now add coffee 1 teaspoon at a time. Foam will form on top of the bubbling water. This foam is considered a delicacy, the "cream" that is used to decorate the cup. You skim off the foam as it forms spooning it into empty cups. When the coffee itself is poured the foam will rise to the top. The coffee will boil over the sides, quickly remove the pot from stove. You must be fast. The actual cooking time will range from 5 to 8 minutes. When all the pulverized coffee has been used, remove the pot from the heat and "settle" it by dashing in a spoonful of cold water. The grounds will sink to the bottom. Pour the rich, thick liquid into the cups and serve. - Just a thimbleful or two, remember.

STUFFED KOSSE AND SOME YEBRA

**2 lbs. ground meat - a little fatty ¾ C. white rice
Allspice, pepper, salt, a little water juice of one lemon**

Cut ends of squash about one inch down and place ends in bottom of kettle. Scoop out insides with long tool and place in bowl. Pack meat mixture loosely and place into kettle. Pour over top 2 cans tomatoes, juice of one lemon, some salt, and a clove of garlic cut in chunks. Place inverted ceramic dish on top and put on high heat until it boils all around. Then turn down to low heat and cover and cook for 1 hour.

To roll cabbage:

Cut out core of cabbage and discard. Place in boiling water to loosen leaves and make it easier to roll. Cut out hard center core of leaf and discard. Roll with leftover meat and place on top of kosse. Start with the thickest part of the leaf. Cabbage cores may be put in bottom of kettle with squash ends. The leftover squash that was scooped out is good fried with eggs.

SYRIAN CHEESE (JOBAN)

**1 gallon milk
tablets**

2 junket or rennet

Heat milk to luke-warm. Melt 2 junket tablets in milk. Mix by hand and let set about 10 to 15 minutes. Stir again with your hand or wooden spoon. Set 10 more minutes until joban settles on bottom. Pour into colander and shape smoothly with your hands to make sure all water drains out. Sprinkle with salt.

Yield: 5 joban 5 in diameter 1 ½ inch thick

LEBANESE CHEESE

1 quart Dannon low-fat yogurt or homemade leban

Line a colander with some cheesecloth or a linen napkin. Place in sink. Pour yogurt into colander. Tie two opposite sides of napkins firmly. Tie the other two sides of napkin to the sink faucet so that it can drip into colander. Let hang overnight.

YOGURT (LEBAN)

**1 gallon low-fat milk
yogurt**

1 qt. Dannon low-fat

Put milk in large kettle on stove. Heat to boiling. Milk will rise up. Remove from fire and let it settle. Place back on fire and heat until it rises again. Do this a total of 3 times.

(This was done in the olden days before milk was pasteurized.)

Remove from fire. Let it cool until you can stick your finger in it and hold it there for 10 seconds.

Mix the Dannon yogurt with some of the milk until it is smooth and runny. Add to the rest of the milk and stir well. Cover pan with foil that you have cut some slits in for ventilation. Set the pan on the counter in a place away from a draft until the milk congeals (overnight is good.) After this, you can put it in the refrigerator.

Every day when you get some yogurt, you will find that there is some water that has accumulated in the yogurt. Just pour this off. Save about 1 C. of this yogurt to use to make your next batch instead of using the Dannon yogurt.

3-CORNERED SPINACH PIES (SPHEEHAS)

**2 lbs. fresh spinach or three pkgs. frozen chopped spinach,
thawed**

2 onions

juice of 3 lemons

3 T. pine nuts

1 T. salt

1 - 20 oz. package biscuit mix

Preparation of dough: Follow directions on package of biscuit mix to make soft dough. (Or mix 1 lb. all-purpose flour, 3 T. olive oil, and warm water as needed to make soft dough, adding $\frac{1}{2}$ cake yeast so that dough will rise.)

Wash spinach well. (If frozen spinach is used, thaw, drain well, and press out all water by placing a heavy dish on top for about $\frac{1}{2}$ hour.) Chop spinach and onion and mix with lemon juice. The finer the consistency the better. Now add pine nuts. Sprinkle board with flour and roll and flatten dough with rolling pin to an even Melba toast thinness. Cut round 3 or 4 inch disks with cookie cutter or a glass. Knead dough leavings to make more disks until all dough is used. Arrange disks on floured board; place a tablespoon of stuffing in the middle of each. Pick up 3 points of edge of dough at natural triangle and pinch firmly together in the center. Arrange pies on buttered baking trays and bake on center rack of preheated moderate 350° oven for 15 minutes. Serve warm or cold.

THREE CORNERED MEAT PIES

**20 oz. pkg. prepared biscuit mix
meat**

1 $\frac{1}{2}$ lb. ground

2 large onions

3 T. pine nuts

Juice of one lemon

2 t. salt

Pepper

For dough, see directions on 3 cornered spinach pies.

Filling:

Mix raw meat, diced onions, pine nuts, lemon juice, pepper, and salt. Place disks of dough on floured board and put a heaping tablespoon of stuffing in the middle of each. Pick up 3 point of edge of dough disk at the "natural triangle"

and pinch together firmly in center to give pie its 3 cornered shape. Do not close completely together, pinch just enough to hold. Arrange pies on a greased baking dish and bake in a preheated moderate oven 350° for 15 minutes. Place under flames to brown slightly. Serve hot with a salad and with cold yogurt in saucers on the side.

SEEEA DEEEA

We grew up calling this dish “Seeaa Deeeaa” which is fish with rice. The actual name is “Tarra Toure Sameek” which is fish with sesame. I’m going to continue to call it “Seeaa Deeeaa” because that’s what everyone in our family knows it by.

**3-4 lbs. filleted fish
2 cloves minced garlic**

**Olive oil
½ C. lemon juice**

Preheat oven to 350°. Grease pan with oil - place fish evenly in pan. Spread minced garlic across the fish. Pour lemon juice over fish. Salt and pepper to taste. Bake for 40-50 minutes or until done. Thickness of fish decides time of cooking. Remove from oven and cool five minutes. Then cover with sesame dressing.

SESAME DRESSING

**3 T. tahini
3 T. lemon juice**

**3 T. water
1 clove minced garlic**

Mix tahini with water until smooth; add lemon juice, garlic, and salt to taste. Pour over whole fish and garnish.

GARNISH

**1 large onion, slivered
Olive oil**

¼ C. pine nuts

Brown onions in oil. Drain and pour over sesame dressing. Lightly brown pine nuts in oil. Drain and sprinkle over onions.

BIKLAWA

1 lb. philo dough, room temperature ¾ lb. melted butter
1 lb. walnuts 1 lb. pistachios
1 cup sugar 1 t. cinnamon
1 T. orange blossom water or rose water

Grease a 12 x 9 x 2 pan with butter. Carefully separate dough. Lay each sheet in pan turning in corners. Butter each layer lightly. Too much makes dough soggy. Use half of dough for bottom layer. Grind nuts and mix with sugar, cinnamon, and orange blossom water. Put a layer of nuts on the dough then lay the dough for the top layers. Work fast because the dough dries out quickly. When top layer is buttered, use a sharp knife and cut into diamond shape. Bake at 350° for about 25 minutes. Lower oven to 300° and bake 1 hour longer. Dough will be brown. Remove from oven; pour six ladles of cold syrup over the biklawas. Be sure to cover all parts. Then cool and serve. It can be stored in refrigerator. Wrap in wax paper. Make approximately 36 1-inch pieces.

Most housewives make the large tray of biklawas. It is a large deep tray. Use about 3 lbs. of philo dough and 2 lbs. each of walnuts and pistachios. More syrup is also needed; double the recipe. These are cut in larger diamond shaped pieces.

SYRUP FOR BIKLAWA

Equal parts of sugar and water. Cook over low fire until syrupy and crystals start to form. Squeeze lemon juice and add flavor. (Orange flower water) For a citrus flavor use minced orange peel and cook in sugared water approximately 20 minutes on low fire. Or you can use rose water for the flavor.

BABA GHANOOJ

**1 medium eggplant
2 T. cold water
2 cloves garlic, minced
in butter
2 T. olive oil
desired**

**1 T. tahini
Juice of 1 lemon
2 T. pine nuts browned
½ C. parsley sprigs, if**

Fork the eggplant in about three or four places to allow steam to escape. Roast eggplant with skin on in 350° oven for about 1 hour. Roasting with the skin on gives the eggplant a rich flavor. When done, it will be soft to the touch like a well baked potato. Let cool completely. Peel off the skin. It will come off very easily similar to a ripe peach. Mash thoroughly. In a separate bowl, measure 1 T. tahini, and 2 T. cold water. Mix thoroughly until smooth then add juice of one lemon, more if desired. Mix the minced garlic with the dressing. Pour over mashed eggplant and mix well. Put in oval shaped platter or bowl. Pour 2 T. olive oil around edges and garnish with browned pine nuts. Trim platter with parsley and whole chick peas, if desired.

TAHINI

When you get a jar or can of tahini, the oil will have separated and risen to the top and the ground sesame seed solids will have settled at the bottom. Before using for the first time, dump everything into a blender or food processor and process until well mixed. Pour back into the original container. This makes it easier to use in recipes.

VEGETARIAN

BROWN AND WILD RICE CASSEROLE

1 C. brown rice	1/4 C. wild rice
2 cans beef consommé	1 can water
1/4 C. toasted pecans	

Sauté wild rice in butter until it splits open and looks like rice crispies. Add brown rice, consommé, water, and pecans. Bake at 350° for 50 minutes uncovered.

UNUSUAL CORN CASSEROLE

1 - 16 oz. can whole kernel corn style corn	1 - 16 oz. can cream
1 stick butter, melted	1 egg, beaten
1 C. sour cream with chives mix (Not Jiffy)	1 pkg. corn muffin

Mix all and put into a greased 2 qt. casserole dish. Bake for 1 hour at 350°.

SPECTACULAR SQUASH CASSEROLE

1-8 oz. pkg. stuffing mix	1 stick melted butter
2 lbs. yellow squash	1/2 large onion, sliced
1 can cream of chicken soup	1 C. low-fat sour cream
1 C. grated carrot	

Combine the stuffing mix with melted butter and press half of it into a 13 x 9 pan or a 3 quart casserole. Lightly steam squash and onion until barely cooked. Drain thoroughly. Combine soup, sour cream and grated carrot. Fold in cooked squash and onions. Gently spoon mixture over stuffing mix in casserole dish. Top with remaining stuffing mix. Bake at 350° until stuffing mix begins to brown and casserole bubbles around edge, about 30 minutes.

YELLOW SQUASH CASSEROLE

2 lb. yellow squash	1 onion
2 T. butter	1 can shrimp soup

1 can sliced water chestnuts

1 C. bread crumbs

Chop the squash and onion and sauté in butter over low heat until tender. Add shrimp soup. Dice water chestnuts and add. Mix well. Pour into a greased casserole. Cover with bread crumbs and dot with additional butter. Bake at 350° for 30 minutes. Makes 6 to 8 servings.

SQUASH WITH ORANGE

2 C. mashed, cooked winter squash (Hubbard or Butternut)

¼ C. butter, melted

¼ C. brown sugar

1/4 t. pepper

1 T. grated orange peel

3 T. orange juice

Combine in the top of a double boiler. Mix thoroughly and place over boiling water. Cook until squash is very hot.

TWO TONE SQUASH

3 medium zucchini, sliced

½ t. pepper

3 medium yellow squash, sliced

¾ C. white wine

**dash of garlic powder
grated**

¼ lb. Cheddar cheese,

**2 eggs, lightly beaten
crumbs**

1/3 C. dry bread

Cook the squash in the wine until soft; drain. Layer in a greased casserole. Mix cheese, bread crumbs, pepper and garlic. Add eggs, mixing well. Pour over squash. Bake at 325° for 40 minutes or until custard is set.

HOW TO COOK A PUMPKIN

Wash and remove seeds from pumpkin. Cut pumpkin in half and wrap with plastic wrap. Depending on the size of the pumpkin, microwave for 5 minutes or until a little soft. Peel pumpkin and cut into 1 inch cubes. Steam or boil until tender, about 25 minutes. Drain well. Mash or put through food mill, strainer, blender, or food processor. Freezes well.

24K BROCCOLI

½ lb. carrots, peeled and sliced	2 T. butter
¼ C. sour cream	3 T. grated parmesan
cheese	
1 head broccoli	

Steam carrots until tender. Puree hot carrots with butter, sour cream, some salt and pepper and grated cheese. Set aside. Wash and cut broccoli into flowerets. Steam until tender. Spoon carrot mixture over broccoli and serve.

CARROTT PUDDING

2 lb. carrots, peeled and grated	1/3 C. butter
1 ½ t. sugar	Juice of ½ lemon
Salt	1 ½ C. milk
3 eggs	butter

In a saucepan, add carrots, butter, lemon juice, sugar and add just enough water to barely cover. Bring to a boil, then simmer covered for about ½ hour or until liquid has evaporated. Stir occasionally with a wooden spoon until done. Cool mixture about 10 minutes. In a bowl, whisk together the milk and eggs and stir into carrot mixture. Pour into buttered baking dish and bake at 350° about 35 minutes or until surface is swelled and brown.

VEGETABLE BARLEY MEDLEY

¼ C. butter	2 carrots, sliced
1 C. uncooked barley	½ small onion, diced
½ lb. fresh mushrooms	1 t. salt
1 can chicken broth	

TWO HOURS BEFORE SERVING:

Melt the butter. Toss all the ingredients in the butter except the chicken broth. Add the broth and 2 ½ cups of water. Reduce heat to low. Cover the pan and simmer gently 1 ½

hours until tender. Stir occasionally while cooking. This is an excellent substitute for rice or potatoes.

BROCCOLI RICE CHEESE CASSEROLE

2 T. Oil
1/2 C. chopped celery
chopped broccoli
1 can cream of chicken or celery soup
3/4 soup can of milk
1 - 8 oz. jar cheese whiz (jalapeño is good) OR
Equivalent amount of Velveeta, melted and blended with 1/4 C. water or milk
1/2 C. chopped onion
10 oz. pkg. frozen
1 cup water
1 cup rice
NOT EASY CHEESE-NOT EVER

Sauté onion and celery in oil. Add broccoli. When thawed, cover and steam 10 minutes over low heat. Add soup, water, cheese, and rice. Heat to boiling point. Pour in a buttered casserole and bake at 350° for 25-30 minutes. This is also good with chopped chicken in it.

FETTUCCHINE CARLATTIA

1 bunch fresh broccoli
4 T. butter
1 C. Parmesan cheese
1/2 t. garlic powder
8 oz. fettuccine noodles
1 C. milk
2 T. dried parsley

Wash broccoli and cut flowers from stems. Steam flowers for 10 minutes or until tender. Meanwhile, cook fettuccine according to package directions. Drain and keep warm. Melt butter in a small saucepan. Add milk, Parmesan cheese, parsley, and garlic powder. Heat thoroughly, but do not let it boil. Gently toss broccoli, fettuccine, and sauce and turn into serving dish. Top with more Parmesan cheese.

WILD RICE AND CHEESE CASSEROLE

1 C. uncooked wild rice
sliced
1/2 lb. mushrooms,

**3 C. boiling water
cheese**

½ C. chopped onion

1 t. salt

1 C. hot water

1 C. grated cheddar

½ C. butter

1 - 19 oz. can diced tomatoes

¼ t. salt

Cook rice (covered) in boiling, salted water until nearly tender, 30 minutes. Drain rice, if necessary. Sauté mushrooms and onion in butter for about 5 minutes. Toss rice with all ingredients. Place in buttered 2 qt. casserole. Cover and bake 1 hour at 350°

ALFALFA SPROUT SPREAD

1 box alfalfa sprouts or 2 T. seeds sprouted, about 2 cups.

1 stick softened butter

3 T. minced onions

1 T. lemon juice

1 T. dried parsley

Chop sprouts finely. Mix all ingredients thoroughly. This is best when chilled before serving, but I usually can't wait that long. This is good on toasted whole wheat bread with avocado.

MACARONI

Rinse macaroni to be used in hot dishes with hot water.

Rinse macaroni to be used in cold dishes with cold water.

EGGPLANT PARMESAN

1 medium eggplant

1 egg

1 C. milk

1 C. Italian-style bread

crumbs

¼ C. vegetable oil

1 jar pasta sauce

2 C. parmesan cheese, divided

Measure out and reserve ½ C. parmesan cheese. Wash eggplant and peel. Slice into ¼-inch slices. Heat oil in a skillet over medium heat. Dip eggplant slices into egg, milk, and bread crumbs. If you don't have Italian-style bread crumbs, add some oregano and garlic salt to regular bread

crumbs. Fry in heated oil until golden brown, turning once. Drain on paper towels. Put about $\frac{1}{2}$ C. pasta sauce into bottom of casserole dish. Place one layer of fried eggplant onto sauce. Cover that with $\frac{1}{2}$ C. pasta sauce. Cover that with $\frac{1}{2}$ C. parmesan cheese. Place another layer of eggplant. Repeat layers until all ingredients are used up. Cover the top with the $\frac{1}{2}$ C. reserved parmesan cheese. Cook in a preheated 350° oven for about 30 minutes or until heated through. Serve over a bed of spaghetti with a green vegetable or salad and some French bread.

PINTO BEANS

QUICK SOAK METHOD

Rinse and sort beans in a large pot. To 1 lb. of beans (2 cups) add 6-8 cups hot water. Bring to rapid boil; boil for 2 minutes. Remove from heat. Cover and let stand 1 hour. Drain the soak water and rinse beans.

OVERNIGHT SOAK METHOD

Rinse and sort beans in a large pot. To 1 lb. of beans (2 cups) add 6-8 cups cold water. Let stand overnight or at least 6-8 hours. Drain the soak water and rinse beans.

Add 6 cups of hot water to drained and rinsed beans in a large pot. Add salt pork, ham hock, or bacon drippings. Bring to a rapid boil, reduce heat, and simmer 1 $\frac{1}{2}$ to 2 hours, or until tender. Add hot water as needed. Don't use cold water - it will cause the beans to burst. Stir from bottom as needed.

REFRIED BEANS

Drain cooked beans reserving the liquid. Process beans with a food processor or electric mixer until smooth. Add some of the reserved liquid as needed to make a smooth consistency. Refry them in a skillet until done. Use just enough oil to keep beans from sticking to pan.

ROUX

This is the basis for all sauces and gravies. You will need fat, flour, and liquid. What type of ingredients you use depends on the flavor of your dish. For a basic white sauce, use butter, white flour, and milk. You can use bacon or sausage drippings, vegetable oil, or olive oil. A good combination is equal parts of butter and olive oil. You can also use whole wheat flour in a heartier dish. The liquid can be milk, chicken or beef broth, stock, tomato sauce, juice from the pan, or whatever you like or have on hand.

Mix equal amounts of fat and flour in a saucepan. Heat over a medium fire stirring constantly with a whisk. It will look somewhat like dough. You have to cook the flour so there isn't a raw flour taste in the sauce. Brown the fat and flour mixture. The longer you cook the roux, the better the flavor will be. Some cooks in Louisiana will cook a roux for 4-5 hours to get the right taste. Turn the heat to low if you plan to cook the roux longer than 5-10 minutes. Keep a constant eye on it because it can burn very quickly.

It is best to have the liquid warm or at room temperature. It cuts down on the amount of lumps you'll have. However, if you're in a hurry you can use cold liquid but you have to whisk faster.

Once you've determined the color of your roux is what you want, pour a small amount of the liquid into the pan. Hurry and whisk it in the roux. Once this has blended, add a little bit more liquid and whisk until blended. Keep adding small amounts of liquid until the mixture is more of a liquid than a dough. Then you can add the rest of the liquid. Continue whisking slowly. You will feel the mixture start to thicken on the bottom of the pan. Keep whisking until it becomes the consistency you want.

Turn the heat off or to low. Now you can add other ingredients to your sauce or gravy. Add cheese to a basic white sauce to get a cheese sauce for vegetables. Add crumbled, cooked sausage or bacon for gravy with your biscuits.

It takes some practice to make a good roux, but keep at it. It is well worth the effort.

GRANDPA WHITEMAN'S BAKED BEANS

1 lb. Navy beans	2 large onions, chopped
2 cloves garlic, mashed	1/4 C. dried parsley
flakes	
1/4 C. diced green peppers	1/4 C. catsup
1/2 lb. bacon	

Wash beans and put in large pot and cover with water. Bring to a boil, then reduce heat to simmer. Add onions, garlic, parsley, green peppers, and catsup. Simmer, covered, 1 1/2 hours adding water to keep beans covered. Transfer to a casserole dish. Add bacon strips on top of beans. Put in oven at 300°, covered for 2 hours. Uncover and bake 1 hour more. Liquid will boil down to about 1/4. Add a little water if the beans get too dry.

GREAT-GRAMMA BADER'S RED CABBAGE WITH APPLES

2 1/2 lbs. red cabbage, shredded	3/4 C. boiling water
3 large cooking apples, pared, cored, and sliced	
3 T. melted butter	1/4 C. vinegar
1/4 C. brown sugar, packed	

Put shredded cabbage in kettle. Add water and cook, covered, for 10 minutes. Add apples and cook, covered, for 10 minutes or until tender. Combine butter, vinegar, flour, and sugar. Add to cabbage-apple mixture. Makes 4 to 6 servings.

LENTIL AND BROWN RICE CASSEROLE

1 C. cooked lentils	2 C. plain yogurt
1 C. cooked brown rice	1 onion, diced
2 T. olive oil	1 C. grated cheddar
cheese	
1/4. t. each oregano, cumin, garlic powder, cayenne pepper, and chili powder	

(Adjust spice mixture to your own taste. Try cinnamon, allspice, nutmeg, cloves.)

In heavy skillet heat the oil and gently sauté the onions. Add all remaining ingredients except the cheese. Mix well and pour into a casserole dish. Sprinkle top with cheese and bake at 375° for 30 minutes. Serve hot as a main dish.

FILLING

1 ½ C. cooked mashed potatoes, can use leftovers
½ C. finely chopped onion, sautéed in 1 t. vegetable oil
2 T. bread crumbs **2 T. melted butter**
1 egg, beaten

DOUGH

3 C. all-purpose flour, plus additional flour for kneading
1 t. baking powder **1 C. water**
1 egg **1 T. vegetable oil**
½ t. salt

Preheat the oven to 375°. Combine the flour, baking powder, and salt in a medium bowl. In a separate bowl, combine the water, egg, and oil, and add this mixture to the flour mixture, stirring the ingredients until they are well blended. Turn the dough out onto a lightly floured surface and knead until it is smooth and elastic, about 5 minutes, adding only enough flour to keep the dough from sticking to the surface. Cover dough with a clean dish towel and let it rest for 5 minutes. Cut the dough in half, and 1 half at a time, roll into a rectangle about 20" X 10". Cut this in half twice so that you end up with 4 pieces of dough about 5" x 5" each. Put some of the filling on each piece and pinch together the edges. You can use a little water on each edge of the dough to make it stick together better. Leave a little hole in the middle where the dough is not pinched together to vent the heat. Place the knishes on a greased cookie sheet and bake at 375° for 25 minutes or until crust is lightly browned.

If you don't have time to make the dough from scratch, you can use frozen bread dough that has been thawed out. When the knishes have come out of the oven, you can put a tiny pat of butter in the hole to make them taste even better. These are kind of like potato Spheehas.

QUICK POTATO SOUP

1 chicken bouillon cube	1 C. boiling water
1 C. leftover mashed potatoes	¼ t. onion powder
¼ t. celery salt	1 T. butter
1 ½ C. milk	

Combine ingredients as listed. Heat thoroughly and serve hot. Makes 4 cups.

LOIS ELLIS'S POTATOES

Boil potatoes and let stand until cold. Grate on ½ " grater or dice very small. Make white sauce and add approximately 1 C. Romano cheese. Add: a little lemon juice - 2T. Put in casserole in layers. Heat sauce before handling. Top with buttered bread crumbs and a little Romano cheese.

For white sauce use 4 T. butter, 4 T. flour and 3 C. milk.

BROCCOLI CASSEROLE

12 oz. cottage cheese	3 eggs
1 pkg. frozen chopped broccoli, thawed	
¼ lb. butter, cubed	3 T. whole wheat flour
¼ lb. Swiss or cheddar cheese, cubed	
½ t. pepper	Paprika

Combine all the ingredients in a large bowl and mix well. Pour into a greased casserole dish and sprinkle with paprika. Bake for 1 hour at 350°.

DESSERTS

BUCKEYES

1 C. creamy peanut butter softened	1/4 C. butter,
1 t. vanilla	1 1/2 C. confectioner's
sugar	
1 C. (6 oz.) chocolate chips, melted	1/2 C. flour

Line 2 cookie sheets with waxed paper. Beat peanut butter, butter, and vanilla in a medium-sized bowl with electric mixer until smooth. Gradually beat in sugar and flour until well blended. Roll rounded teaspoonfuls into 1 inch balls. Arrange on cookie sheets and refrigerate 1 hour or until firm. Spear one ball at a time with a tooth pick and dip in chocolate to cover about two-thirds. Arrange chocolate side down on prepared cookie sheets. Smooth over pick holes. Refrigerate about 15 minutes until chocolate is set.

These taste like Reese's peanut butter cups. They are named after the Buckeye which is the State tree of Ohio.

CHEWY CHERRY BARS

1/2 C. butter	1 t. baking powder
1 c. packed brown sugar	1 C. quick-cooking oats
1/2 t. almond extract	1/2 C. cherry preserves
1 C. flour	

Preheat oven to 350°. Grease an 8" square baking pan. In a medium bowl, cream butter and brown sugar; add almond extract. In another bowl, combine flour, baking powder, and oats. Add dry ingredients to creamed mixture; Mix until crumbly. Reserve 1 cup mixture. Firmly pat remaining mixture into prepared pan. Spread with cherry preserves to within 1/4 inch of border of edge. Top with reserved crumbs; pat down lightly. Bake for 30 to 40 minutes or until lightly browned cool in pan. Cut into bars.

KARA GUTHRIE'S LEMON BARS

Crust:

½ C. powdered sugar 2 C. flour

1 C. butter

Mix above until creamy. Put into a 13 X 9 pan. Poke holes with fork and bake 15 minutes at 350°.

2 T. lemon juice

1 T. lemon peel

2 C. sugar

4 beaten eggs

4 T. flour

1 t. powdered sugar

Mix until creamy. Don't overmix. Pour this on crust and bake at 350° for 30-40 minutes.

BANANA PUDDING

¾ C. sugar, divided

2 egg whites

⅓ C. flour

1 t. vanilla

¼ t. salt

25 vanilla wafers

2 C. scalded milk

4 bananas, sliced

Blend ½ C. sugar, flour, and salt in top of double boiler. Add milk and cook until thick, stirring constantly. Cover and cook for 15 minutes. Add vanilla. Line flat baking dish with vanilla wafers. Add bananas. Top with custard. Repeat layers if necessary. Beat egg whites until stiff. Add ¼ C. sugar and spread over custard. Bake at 350° for 12 to 15 minutes.

PEACH CAKE

1 yellow cake mix

2 cans peach pie filling

4 eggs

⅓ C. vegetable oil

¼ t. almond extract

Preheat oven to 350°. Grease a Bundt pan; spread one can of pie filling into the bottom of the pan. Mix cake mix, eggs, oil, and almond extract until smooth. Fold the second can of

pie filling into the mixture and pour into Bundt pan. Bake 45-50 minutes.

CARROT CAKE

2 C. sugar	1 ½ t. nutmeg
1 C. vegetable oil	1 ½ t. baking soda
4 egg yolks	4 egg whites, beaten
stiff	
2 C. grated carrots	1 ½ C. chopped walnuts
2 ¼ C. flour	2 ¼ t. cinnamon
3 ¾ T. hot water	

Mix sugar and oil. Add sifted dry ingredients and grated carrots. Add egg yolks, one at a time, beating well after each addition. Add water and nuts and blend well. Fold in egg whites. Turn into greased and floured tube pan. Bake at 350° for 1 hour and 15 minutes. Cover cake with aluminum foil for first 20 minutes. Frost with cream cheese frosting.

CREAM CHEESE FROSTING

1 8 oz. pkg. cream cheese	1 t. vanilla
2 C. powdered sugar	½ C. soft butter

Beat together until well blended. Tastes good on everything - even saltines.

WHOLE WHEAT APPLE CAKE

2 C. whole wheat flour	4 large apples,
shredded	
¼ C. toasted wheat germ	¾ C. sugar
2 t. baking soda	¾ C. brown sugar
1 t. cinnamon	½ C. vegetable oil
1 t. salt	1 C. chopped nuts
½ t. nutmeg	2 eggs, well beaten
1 t. vanilla	

Mix together the first 6 ingredients in a medium bowl. Mix together with wooden spoon in large bowl the remaining ingredients. Mix dry ingredients into wet. Bake at 350° for

**50 minutes until the cake starts to shrink from sides of pan.
Sprinkle with powdered sugar just before serving.**

CHOCOLATE APPLE CAKE

2 $\frac{3}{4}$ C. flour	1 C. vegetable oil
2 C. sugar	1 C. buttermilk
$\frac{2}{3}$ C. unsweetened cocoa	2 t. vanilla
1 $\frac{1}{2}$ t. baking soda	2 C. grated apples,
drained	
$\frac{1}{2}$ t. baking powder	1 C. finely chopped nuts
1 t. cinnamon	$\frac{3}{4}$ t. salt
3 eggs	Chocolate Glaze

Combine flour, sugar, cocoa, baking soda, baking powder, cinnamon, and salt in a mixing bowl; set aside. Combine eggs, oil, buttermilk, and vanilla in a large mixing bowl. Beat on low speed until blended. Gradually add dry ingredients. Stir in apples and nuts until evenly mixed. Pour into greased and floured Bundt pan. Bake at 350° for 60-65 minutes. Cool 10 minutes before removing from pan. Cool completely. Drizzle with chocolate glaze.

CHOCOLATE GLAZE

6 T. butter	6 T. unsweetened cocoa
6 T. water	3 C. powdered sugar
1 $\frac{1}{2}$ t. vanilla	

Melt butter in saucepan over low heat. Add cocoa and water, stirring constantly until mixture thickens. Do not boil. Remove from heat. Gradually beat in powdered sugar and vanilla until smooth and of glazing consistency. Add additional water, $\frac{1}{2}$ t. at a time, if needed. Drizzle over cake.

OATMEAL COCONUT COOKIES

1 $\frac{1}{2}$ C. flour	1 t. baking soda
1 t. salt	1 C. sugar
$\frac{1}{2}$ C. brown sugar	1 $\frac{1}{4}$ C. rolled oats
$\frac{3}{4}$ C. coconut	1 C. butter, melted
1 egg, well beaten	

Sift together flour, baking soda, salt, and sugars. Add oats and coconut and mix well. Add butter and egg and mix thoroughly. Shape into balls. The size will depend on the number of cookies desired. Place on ungreased baking sheet and press down lightly. Bake at 350° for 10-15 minutes or until brown.

PEANUT BUTTER COOKIES

**½ C. brown sugar
½ C. butter
1 C. peanut butter
½ T. baking soda
½ t. vanilla**

**½ C. white sugar
1 egg
1 t. salt
1 ½ C. flour, sifted**

Sift the brown and white sugars into a medium bowl. In another bowl, beat the butter until soft. Add the sugars and blend until creamy. Beat in the egg, peanut butter, salt, baking soda, and vanilla. Add flour to batter and mix well. Shape into balls and place on greased cookie sheet. Press down lightly with a fork to make a criss-cross pattern. Bake at 375° for 15 minutes.

GRANDMA MARILYN'S CHOCOLATE STAR COOKIES

**1 ½ C. flour
1 t. baking powder
sugar
1/8 t. salt
½ C. butter
½ C. creamy peanut butter
stars or kisses**

**1 C. sugar, divided
½ C. packed brown
1 egg
1 t. vanilla extract
Chocolate candy**

Preheat oven to 375°. In a small bowl, stir together flour, baking soda, and salt. In a large bowl, with electric mixer at medium speed, beat butter and peanut butter until well blended. Beat ½ C. granulated sugar and brown sugar until well blended. Beat in egg and vanilla. Reduce speed to low; gradually beat in flour mixture until well mixed. Shape dough into 1-inch balls. Roll in granulated sugar. Place on ungreased cookie sheets 2 inches apart. Bake 10 minutes or

until lightly brown. Remove from oven and quickly press chocolate star firmly into top of each cookie. It will crack around the edges. Remove from cookie sheets. Cool completely on wire racks.

M & M COOKIES

1/2 C. sugar	1 1/4 C. flour
1/2 C. softened butter	1/2 t. baking soda
1/3 C. packed brown sugar	1/2 t. salt
1 t. vanilla	1 egg
1 C. M & M candies, either peanut or plain	

Preheat oven to 350°. Grease a cookie sheet. Mix sugar, butter, brown sugar, vanilla, and egg in large bowl; stir in flour, baking soda, and salt. Gently mix in M & Ms. Shape into balls and place on cookie sheet. Bake until light brown about 15 minutes. Cool completely before serving.

SUGAR COOKIES

1 1/2 C. powdered sugar	1 C. butter, softened
1 egg	1 t. vanilla extract
1/2 t. almond extract	2 1/2 C. flour
1 t. baking soda	1 t. cream of tartar
Granulated sugar	

Mix powdered sugar, butter, egg, vanilla, and almond extract. Mix in flour, baking soda and cream of tartar. Cover and refrigerate at least 2 hours. Heat oven to 375°. Divide dough into halves. Roll each half 3/16 inch thick on lightly floured cloth-covered board. Cut into shapes. Sprinkle with granulated sugar; place on lightly greased sheet. Bake until edges are light brown, 7 to 8 minutes.

GREAT-GRANDPA ASHLEY DEWITT'S SUNDAY ICE CREAM

4 eggs	2 1/2 C. sugar
1 pint half and half	1 pint whipping cream
2 - 2 1/2 t. vanilla	juice of 1 lemon
1 quart milk	

Beat eggs and sugar together. Add the rest of the ingredients and beat well. Pour into ice-cream freezer. Let

turn a few turns with paddle before adding layer of ice then salt.
4 parts ice and 1 part salt work well.

BUTTERSCOTCH PUDDING

$\frac{3}{4}$ C. packed brown sugar

$\frac{1}{2}$ t. salt

**1 $\frac{1}{4}$ C. milk
beaten**

1 t. vanilla

3 T. cornstarch

$\frac{3}{4}$ C. water

2 egg yolks, slightly

1 T. butter

Mix brown sugar, cornstarch, and salt in saucepan. Gradually stir in water and milk. Cook over medium heat, stirring constantly until mixture thickens and boils. Boil for 1 minute. Remove from heat. Gradually stir in at least half of hot mixture into the egg yolks. Then blend into hot mixture in saucepan. Boil 1 minute more stirring constantly. Remove from heat. Blend in butter and vanilla. Pour into dessert dishes. Serve warm or cool with or without cream or whipped cream.

PECAN PRALINES

2 C. white sugar

1 t. baking soda

1 C. buttermilk

Candy Thermometer

$\frac{1}{8}$ t. salt

2 T. butter

2 $\frac{1}{2}$ C. pecans

In a 3 $\frac{1}{2}$ quart heavy saucepan, combine the sugar, soda, buttermilk, and salt. Cook over high heat until 210° is reached on the candy thermometer. Stir often and scrape bottom of pan. Mixture will foam up. Add remaining ingredients and continue cooking over medium heat, stirring constantly until candy reaches 234°. Mixture will turn brown. Remove from heat and cool 2 minutes. Beat with wooden spoon until thick and creamy. Drop by tablespoonful onto waxed paper-lined cookie sheets. Let cool. Makes about 20 2-inch pralines.

BUTTERMILK PIE

3 eggs, beaten

2 $\frac{1}{2}$ C. sugar

2 T. plain flour

1 C. buttermilk

1 stick butter, melted
2 unbaked pie shells

1 T. vanilla

Combine all ingredients and beat slightly with electric mixer. Pour into pie shells and bake at 350° for 50 minutes. Makes 2 pies. This recipe freezes well.

RASPBERRY STREUSEL BARS

1 1/4 C. quick oats, uncooked	1 1/4 C. all-purpose flour
1/2 C. firmly packed brown sugar	1 t. baking powder
1/4 t. salt	1 3/4 stick butter, melted
1 C. raspberry jam or preserves	3/4 C. white chocolate chips, divided
1/4 c. toasted chopped almonds	

Preheat oven to 350°. Combine oats, flour, brown sugar, baking powder and salt in a large bowl. Stir in margarine until mixture is crumbly. Reserve 1 cup crumb mixture; set aside. Press remaining crumb mixture onto bottom of an 8" square pan. Bake 10 minutes.

Spread raspberry fruit evenly over baked crust to within 1/4 inch of edges. Sprinkle with 1/2 C. white chocolate chips. Combine reserved crumb mixture with remaining 1/4 C. white chocolate chips and almonds. Sprinkle over fruit mixture, pressing lightly into fruit. Bake 30 to 35 minutes or until golden brown. Cool completely on wire rack. Cut into squares and serve.

SHORTBREAD COOKIES

3/4 C. butter, softened	1/4 C. sugar
2 C. flour	

Heat oven to 350°. Mix butter and sugar. Mix in flour. If dough is crumbly, mix in 1 to 2 T. softened butter. Roll dough about 1/2 inch thick on lightly floured cloth-covered board. Cut into small shapes like leaves, ovals, squares, or triangles. Place about 1/2 inch apart on ungreased cookie sheet. Bake until set, about 20 minutes. Immediately remove from cookie sheet.

BUTTERSCOTCH FLAVOR

Real butterscotch flavor is made by combining vanilla and brown sugar. If you want something to be butterscotch-

**flavored, just substitute brown sugar for the white.
Conversely, if you want something to be vanilla-flavored,
substitute white sugar for the brown sugar.**

LEMON POUND CAKE WITH LEMON GLAZE

1 C. butter	½ t. baking soda
2 C. sugar	3 C. flour
4 eggs	1 C. buttermilk
½ t. salt	Rind of 1 lemon, grated

Cream butter and sugar. Add eggs, one at a time. Sift dry ingredients and add alternately with buttermilk. Begin and end with dry ingredients. Fold in grated lemon rind. Pour into 2 greased and floured 4" X 7" loaf pans. Bake for 50 to 60 minutes at 350°.

LEMON GLAZE

Juice of 3 lemons	1 C. sugar
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Combine juice and sugar and let stand. Stir often until sugar dissolves. When caked is done remove from pan and place on foil. Spoon juice over hot loaves. Let cool and then wrap tightly in foil.

CRANBERRY-PEAR CRISP

1 12 oz. pkg. cranberries packed	¼ C. brown sugar,
2 large pears, unpeeled, cored, and sliced thinly	
1 C. sugar	¼ C. butter
1 t. cinnamon	¾ C quick-cooking oats
¼ C. flour	¾ C. pecans

In a lightly greased 1 ½ quart shallow baking dish thoroughly mix cranberries, pears, sugar, cinnamon and ½ of the flour. Set aside. In a medium bowl, mix remaining flour with brown sugar. Cut in butter until mixture resembles coarse crumbs. Stir in oats and nuts; sprinkle evenly over fruit mixture. Bake in preheated 375° oven for 30 minutes or until lightly browned and juices have thickened. Let stand at least 10 minutes. Spoon into bowls and serve with milk.

FERN STORER'S BLUEBERRY CRUNCH

**2 pints blueberries
1 C. sugar
1 t. salt
1/4 C. flour
1/ C. lemon juice
1/4 t. cinnamon**

**TOPPING:
1 C. flour
1 C. rolled oats
1/2 C. brown sugar
1/2 t. salt
1/2 stick butter**

Rinse berries and drain. Heat oven to 375°. Combine next 3 ingredients with blueberries and spread in 8" square pan. Dribble lemon juice over berries. Combine flour, oatmeal, brown sugar, and salt. Cut in butter. Sprinkle over blueberries. Bake 30-35 minutes. My mother cut out this recipe from the Cincinnati Enquirer sometime in the 1960s.

This tastes good with just about any kind of berry or cherries.

WHITE ICING FOR COOKIES

**2 C. confectioners' sugar
3 T. milk
2 T. light corn syrup**

In a medium bowl, whisk together the confectioners' sugar, corn syrup, and milk until smooth and spreadable. Icing should be thick, but spreadable. If necessary, add an extra 1/2 t. to 1 t. milk. Spread icing over cookies. Let stand at room temperature until icing has dried and has set.

CHOCOLATE ICING FOR COOKIES

**2 C. confectioners' sugar
3 T. milk
2 T. light corn syrup
9. T. unsweetened cocoa**

In a medium bowl, whisk together the confectioners' sugar, corn syrup, cocoa, and milk until smooth and spreadable. Icing should be thick, but spreadable. If necessary, add an extra 1/2 t. to 1 t. milk. Spread icing over cookies. Let stand at room temperature until icing has dried and has set.

CHOCOLATE SHEET CAKE

2 C. sugar	2 C. flour
1 stick butter	½ C. oil
4 T. cocoa	1 C. water
½ C. buttermilk	2 eggs
1 t. cinnamon	1 t. baking soda
1 t. vanilla	

In a large bowl, mix sugar and flour; set aside. Put butter, oil, cocoa, and water in a saucepan and bring to a rapid boil. Pour over flour and sugar mixture, then mix well and add buttermilk, eggs, cinnamon, baking soda, and vanilla. Mix well and pour into a greased and floured 13 X 9 pan. Bake at 350° for 20-25 minutes. Make icing while cake is cooking.

ICING FOR CHOCOLATE SHEET CAKE

1 stick butter	3 C. powdered sugar
4 T. cocoa	½ t. vanilla
6 T. milk	1 ½ C. chopped nuts, if
desired	

Melt together butter, cocoa, and milk and bring to a rapid boil. Remove from heat. Add powdered sugar, vanilla, and nuts. Spread over cake when it is taken from oven.

KEY LIME PIE

1 - 14 oz. can sweetened condensed milk	
4 egg yolks	3 - 4 oz. key lime juice
1 - 9" graham cracker pie shell	

Combine milk and egg yolks at low speed. Slowly add juice, mixing until well blended. Pour into a 9" graham cracker pie shell and refrigerate overnight or, if preferred, pie may be baked at 350° for 12-15 minutes. Top with whipped cream or meringue.

PECAN FINGERS

(or Wedding Cookies of every Nationality)

½ lb. sweet butter	4 T. powdered sugar
1 C. chopped pecans	1 t. vanilla
2 t. cold water	2 C. flour

**Mix all ingredients and form into small fingers or balls.
Bake at 300° for 10 minutes. Roll in more powdered sugar
while warm.**

BANBURY TARTS

1 ½ C. golden raisins	1 C. water
1 t. grated lemon peel	2 T. lemon juice
¾ C. sugar	1 T. butter
4 soda crackers, finely crushed	2-crust pie pastry

**In a saucepan, combine raisins, lemon peel, sugar, crackers
and water. Cook slowly, stirring frequently about 10
minutes or until consistency of jam. Add lemon juice and
butter. Cool. Cut pastry into 4" circles using small bowl or
saucer as a guide. Put a spoonful of filling in the center of
each circle. Moisten edges. Fold over and press edges
together with tines of a fork. Prick tops. Bake on ungreased
baking sheet at 450° about 5 minutes or until pastry is
golden. Makes 12 tarts. For some reason, people say the
filling tastes like apples and they always say it's good.**

EASY CHERRY CHEESE CAKE

1 graham cracker crumb crust	1/3 C. lemon juice
1 - 8 oz. pkg. cream cheese	1 t. vanilla extract
1 - 14 oz. can condensed milk	1 can cherry pie filling

**In medium bowl, beat cream cheese until light and fluffy.
Add condensed milk and blend thoroughly. Stir in lemon
juice and vanilla. Pour into crust. Chill 2 hours or until set.
Top with pie filling before serving.**

APPLE NUT COFFEE CAKE

2 C. flour	1 t. baking soda
1 C. sugar	¼ t. salt
8 oz. plain yogurt	1 t. vanilla
½ C. butter	2 eggs
1 t. baking powder	2 C. apples, peeled and
chopped	

Preheat oven to 350°. In a large mixing bowl, combine all ingredients except apples. Beat at medium speed, scraping bowl often, until smooth (2-3 minutes.) Fold in apples. Spread batter in a 13" x 9" baking pan. Sprinkle topping over batter. Bake for 35 to 40 minutes or until wooden pick inserted in center comes out clean.

TOPPING FOR APPLE NUT COFFEE CAKE

½ C. chopped pecans	1 t. cinnamon
½ C. packed brown sugar	2 T. butter

In a small bowl, combine all ingredients. Sprinkle over coffee cake.

GREAT-GRANDMA WHITEMAN'S SNICKERDOODLES

1 ½ C. sugar	½ C. butter, softened
1 t. vanilla	2 eggs
2 ¾ C. all-purpose flour	1 t. cream of tartar
½ t. baking soda	¼ t. salt
2 T. sugar	2 t. ground cinnamon

Preheat oven to 400°. In a large bowl, beat the 1 ½ C. sugar with the butter until light and fluffy. Beat in the vanilla and eggs until well blended. Beat in flour, cream of tartar, baking soda and salt until well combined, scraping bowl occasionally. In a small bowl, mix the remaining sugar and cinnamon. Shape dough into 1-inch balls and roll in sugar-cinnamon mixture. Place 2 inches apart on an ungreased cookie sheet. Bake 8 to 10 minutes. Immediately remove cookies from sheet.

SWEET POTATO PIE

2 sweet potatoes	1 ½ C. sugar
½ t. salt	½ t. nutmeg
2 T. flour	5 egg yolks, beaten
1 stick melted butter	1 ½ C. heavy cream

Cook potatoes. Peel and mash thoroughly. Set aside. Mix spices and flour. Add melted butter and beaten egg yolks. Add cream a little at a time. Add this mixture to mashed potatoes and mix until smooth. Pour into 2 unbaked pie shells. Cook at 325° until firm in center. Try 30 minutes to start.

HERSHEY BAR CAKE

2 sticks butter	2 ½ C. flour
2 C. sugar	1 t. baking soda
4 eggs	1 C. buttermilk
1 - 10 oz. Hershey chocolate bar	1 t. vanilla
1 - 15 oz. can chocolate syrup	

Preheat oven to 325°. Cream butter and sugar well. Add eggs 1 at a time, mixing after each addition. Melt candy bar in a double boiler or in the microwave. Add syrup to melted chocolate. Add chocolate mixture to the butter, sugar, and egg mixture. Dissolve baking soda in the buttermilk. Add the flour and buttermilk alternately to the creamed mixture. Add vanilla. Pour into a greased and floured Bundt pan and bake 1 ½ to 2 hours. Makes 12 to 15 servings.

PINEAPPLE SQUARES

1 C. flour	1 t. baking powder
2 oz. butter	2 eggs
1 T. milk	
1 can crushed pineapple, drained (20 oz.)	
2 T. melted butter	½ C. granulated sugar
1 C. flaked coconut	1 t. vanilla

Sift flour and baking powder. Cut in butter until mixture is crumbly. Beat 1 egg with milk; stir into flour mixture and

blend well. Spread over bottom of 8" square pan; pressing firmly. Spread pineapple over top. Beat remaining 1 egg thoroughly; stir in melted butter, sugar, coconut and vanilla. Spread this topping over pineapple. Bake in a 350° oven for 35-40 minutes. Cool and cut into squares or bars.